

VOLUME #5

2-15-86

TO

5-22-86

ST. PETE, FL

TO

BEDFORD, ENGLAND



College Ruled White Paper
Single Subject

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269

16,230 km

(2-15-86)

A NEW BOOK I'M KEEPING TRACK OF MY 'MILEAGE' IN KILOMETERS, THOUGH I'M STILL NOT KEEPING TRACK OF MY DISTANCE WHILE IN ST. PETE.

I WENT RIDING WITH THE CLUB THIS MORNING FOR THE FIRST TIME IN THREE WEEKS. I DID THE REGULAR FIFTEEN MILES AT A LEISURELY PACE & WHEN I FINALLY REACHED THE PIER, GOING SOUTH WITH THE RACING CROWD DIDN'T SEEM LIKE TOO BAD OF AN IDEA.

ONCE WE TURNED INTO A HEAD WIND MY LAZINESS FROM THE PAST MONTH SHOWED ALL TOO OBVIOUSLY & I COULDN'T KEEP UP FOR ANY-THING IN THE WORLD.

I GUESS I NEED TO GET OUT & RIDE A BIT MORE. I'VE BEEN USING THE POSSIBLE TRIP VIA SAILBOAT AS AN EXCUSE NOT TO RIDE, AS I'LL BE UNABLE TO RIDE DURING THE PASSAGE, BUT THAT'S POOR LOGIC.

ALEA'S SISTER, ANN, IS SPENDING THE

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WEEKEND & WE'RE ALL PLANNING ON GOING TO THE SPIFFS FESTIVAL AT THE BAYFRONT CENTER TONIGHT. SPIFFS STANDS FOR ST. PETERSBURG INT'L FOLK FAIR SOCIETY & THE FESTIVAL FEATURES ETHNIC CLOTHES, DANCES, & FOOD. I'M GOING FOR THE FOOD.

(2-22-86)

NOTHING NEW TO REPORT.

I'M STILL WAITING FOR WORD OF THE SAILBOAT DELIVERY TO THE CANARY ISLANDS. I PROBABLY WON'T HEAR ANYTHING FOR AT LEAST ANOTHER WEEK.

I'VE BEEN HURRIEDLY ATTEMPTING TO GET A WORK PERMIT TO WORK IN EITHER GREAT BRITAIN OR WEST GERMANY. SINCE THE SAILBOAT RIDE WOULD CAUSE ME TO START 'CYCLING SO FAR SOUTH THIS YEAR, IT MAY BE A GOOD IDEA TO SPEND THE WINTER IN EUROPE SO THAT I CAN SEE EVERYTHING I'D LIKE TO SEE.

I'VE ASKED GEORGE BURTON & MIKE TO CHECK INTO IT FOR ME, & I'VE WRITTEN TO

LESTER TANAKA TO SEE HOW HE MANAGED TO GET A JOB IN WALES A FEW YEARS AGO.

YESTERDAY WAS MY LAST DAY AT FOTO-MAT. I WAS GETTING TIRED OF THE BORING, TEDIOUS JOBS I WAS GETTING STUCK WITH, & I WAS GETTING SICK OF LISTENING TO MARY BITCH AT NIGER ALL THE TIME AS WELL.

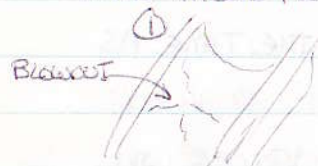
WHO KNOWS WHERE MANPOWER WILL SEND ME? HOPEFULLY I'LL START HAVING TO 'CYCLE 10 TO 15 MILES A DAY AGAIN, & WILL GET TO WORK OUTSIDE ON OCCASSION. I'D REALLY LIKE TO ENJOY THE 80°F WEATHER WE'VE BEEN HAVING LATELY.

ALEA & I WERE PLANNING ON GOING TO ORLANDO TOMORROW TO VISIT HER FOLKS, BUT THAT MAY NOT HAPPEN SINCE SHE HAS A SORE THROAT.

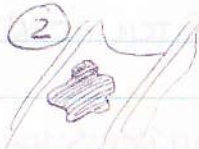
I SUPPOSE IT COULD ^{AFFECT} ~~BECAUSE~~ HER STARTING HER NEW JOB IN NEW PORT RICHEY ON MONDAY AS WELL.

I WROTE TO MERRILL CALAWAY A

WHILE AGO FOR ADVICE ON MAKING
EMERGENCY REPAIRS TO RUPTURED OR
DAMAGED TIRES. I'VE DECIDED TO PRESERVE
HIS COMMENTS FOR POSTERITY; SO THAT IF
I'M IN MOROCCO IN A COUPLE OF MONTHS I'LL
HAVE THESE NOTES HANDY:

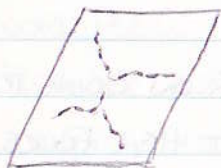


CLEAN AREA W/
SANDPAPER

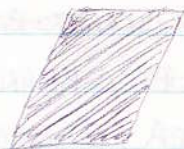


SMEAR KIWI BOOT
PATCH OVER CUT

③ CUT PIECE OF
CORDURA SLIGHTLY
LARGER THAN HOLE



④ COAT BOTH SIDES



PRESS IN PLACE;
ALLOW TO DRY
OVERNIGHT

2-27-86

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I'M FINALLY WORKING SOMEWHERE I LIKE.
IT'S OUTDOORS, PHYSICAL WORK, LOW PRESSURE,
NON-REPETITIVE, & IT'S NOT TOO FAR, NOT TOO
CLOSE TO; FROM WORK. AND THE TRAFFIC IS
NO PROBLEM. BUT MORE ABOUT THAT LATER.

I STAGED THE WEEK AT SUNCOAST HOSPITAL
NEAR INDIAN ROCKS BEACH. I FIGURED IT WAS
12-13 MILES AWAY, & AT A STEADY PACE, ALLOWING
FOR TRAFFIC IT WOULD TAKE ME AN HOUR TO GET
THERE. IT TURNED OUT TO BE AT LEAST 18 MILES,
SO I WAS LATE FOR WORK.

WHAT A SCREWED UP PLACE TO WORK! I
DIDN'T LIKE WHERE THEY HAD PLACED THEIR
BIKE RACKS, SO I CHAINED UP TO A HANDRAIL
& WAS TOLD IF IT WAS THERE AGAIN THE NEXT
DAY THAT THEY'D HAVE IT TOWED AWAY BY THE
POLICE.

WHEN THEY ASKED ME TO COME BACK, I
SAID ONLY IF I CAN PARK MY BIKE SOMEWHERE
SAFE, & THEY SAID PUT IT IN THE BIKE RACK OR
DON'T BOTHER COMING BACK. NEEDLESS TO SAY
I DIDN'T BOTHER.

I QUESTION HOW SAFE IT WAS TO WORK THERE ANYWAY. WE WERE CLEARING OUT ROOMS TO MAKE READY ~~FOR~~ TO STRIP OFF THE OLD ASBESTOS COATING ON THE CEILING; NOBODY IMPRESSED ME AS BEING EXCEPTIONALLY BRIGHT OR WELL PREPARED. I WONDER IF THEY ARE CAPABLE OF REMOVING THE STUFF SAFELY. THEY WOULDN'T GET MY VOTE OF CONFIDENCE.

ON TUESDAY I WORKED AT ROBINSON'S DEPARTMENT STORE AT TYRONE SQUARE MALL. THEY WERE REMODELING; HAD FOUR OF US MOVING A BUNCH OF STUFF AROUND. IT BROUGHT BACK MEMORIES OF THE PX, BUT WASN'T A BAD JOB.

JOE, THE YOUNG WAREHOUSE SUPERVISOR WANTED TO HIRE ME, BUT OF COURSE THAT'S OUT OF THE QUESTION. ☹

THAT MAKES ROBINSON'S, FOTOMAT, & PALMS OF PASADENA THAT WOULD HAVE KEPT ME ON PERMANENTLY IF I HAD CARED TO DO SO AND IN EACH PLACE THERE WAS ALWAYS

SOMEBODY ELSE WORKING HARDER THAT WANTED A JOB; COULDN'T GET ONE. IT MAKES YOU WONDER WHAT'S MOST IMPORTANT WHEN YOU'RE WORKING. SPEED ISN'T IT. AND NEITHER IS APPEARANCE, AT LEAST AS FAR AS CLOTHES GO, BECAUSE MY STUFF IS ALL WELL WORN.

YESTERDAY MY ^{WOC} MUST HAVE BEEN INCREDIBLY GOOD. I WAS ASSIGNED TO WORK AT JIM WALTER RESEARCH COMPANY. THEY TEST ROOFING MATERIALS FOR THEIR PARENT COMPANY, CELOTEX.

I'M WORKING WITH MIKE MILLS TEARING DOWN & RESURFACING A TEST DECK THAT'S USED TO DETERMINE THE BEST MATERIAL TO APPLY THEIR NEWLY DEVELOPED ^{PRODUCTS} ~~PRODUCTS~~ WITH.

I FIRST MET MIKE WHEN WE WERE BOTH WORKING FOR UPS. WE WAITED FOR OUR DRIVERS AT 22ND AV & 28 ST N

~~HE'S A PITCHER FOR THE~~ HE'S A PITCHER FOR THE SAN DIEGO PADRES' FARM CLUB & IS STAYING HERE WITH HIS FOLKS IN THE OFF SEASONS. IN A WEEK HE'LL BE REPORTING TO TRAINING CAMP IN YUMA, ARIZONA.



THE GUY WE'RE WORKING FOR, MICKEY NOLAND, IS PRETTY LAID BACK & EASY GOING. WE NEVER WORK HARDER THAN A MODERATE PACE, WE GET 20 MINUTE BREAKS + THE TIME IT TAKES US TO GET TO, FROM THE BREAKROOM & USUALLY TAKE A BIT MORE THAN THE ONE HOUR WE GET FOR LUNCH.

I'M FINALLY GETTING MY TAN BACK AS A RESULT OF WORKING OUTSIDE & I'M GETTING IN SHAPE AS WELL, SINCE IT TAKES A WHILE TO RIDE TO & FROM WORK.

~~3-8-86~~ (3-8-86)

I HAVEN'T HAD MUCH CHANCE AT A SUNTAN SINCE WORKING AT JIM WALTER RESEARCH LAST WEEK. LAST WEEKEND WAS TOO COLD - THERE WAS FROST IN THE MORNING - I'VE BEEN WORKING AT SCOTTY'S (INDOORS) ALL WEEK LONG.

I'VE DECIDED THAT THE BEST PLACE TO FIND WORK IF I'M EVER DESPERATE IS IN RETAIL. MOST PLACES SEEM EAGER TO HIRE ME AFTER WORKING ONLY A DAY OR TWO, WHEREAS NON-

RETAIL PLACES ARE A BIT MORE RESERVED ABOUT HIRING, I HAVE TO WORK WITH THEM FOR A WEEK OR TWO.

OF COURSE RETAIL PAYS LIKE SHIT & CAN BE VERY DEMANDING & EXPLOITIVE, SO HOPEFULLY I'LL NEVER HAVE TO STOOP TO SUCH A THING. AT LEAST NOT FOR LONG ANYHOW.

SCOTTY'S IS A HARDWARE CHAIN & THEIR STORE ON 66TH ST N. HAS BEEN EXPANDED & THEY'RE IN THE PROCESS OF MOVING STOCK TO PERMANENT LOCATIONS.

SO, MOST OF THE WEEK I'VE SPENT TAKING MERCHANDISE OFF OF ONE SHELF & PUTTING IT ON ANOTHER.

IT'S STRANGE THAT WHAT I'M DOING NOW IS NO MORE DIFFICULT THAN ANYTHING ELSE I'VE DONE FOR MANPOWER, YET SOMEHOW IT'S WORTH \$4.00 AN HOUR INSTEAD OF THE \$3.60 TO \$3.85 I'VE BEEN GETTING. I WISH I KNEW HOW THEY FIGURED THE SCALE OUT. I'M SURE I'VE BEEN OVERPAID AT SOME JOBS & UNDERPAID AT OTHERS.

THE WEATHER'S ~~STARTING~~ BEGINNING TO GET NICE AGAIN - HIGHS ARE IN THE MID TO UPPER 70'S, SO

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Alea's getting her yard in shape since she'll be moving to a place in New Port Richey in a few weeks - probably about the time I leave.

There's a medieval fair in Sarasota tomorrow that we're going to see. Tonight we're heading over to Paulo's, to see what else on the menu is good besides steak subs, before going to see the movie, "Highlander".

3-10-86

Today's not off to a great start.

When I called in at Manpower they offered me jobs at the Brown Derby & "Bay Pines" (whatever that is). I took the one at Bay Pines only to find that the office screwed up & the job in fact doesn't start 'til tomorrow. Manpower is supposed to pay me for one hour, but I would've rather worked all day.

Alea & I spent the day in Sarasota yesterday at the medieval fair, which was a blast. It had a number of main events: a parade (the grand procession), a "tournament of champions", a jousting match, & a human chess

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match. In addition, there were juggling, comedy, magic, & circus acts being performed on several stages every half hour.

The food wasn't too great, with the possible exception of the roasted turkey legs for \$3.99. They were great despite being messy as hell & pieces getting stuck in between my teeth.

When Alea & I stopped at Paulo's pizza & subs on Saturday we tried an eggplant Parmigian(?) sub which was a master piece. We also checked on party subs in case we decided to order one for the day before I leave. The 4 footer costs \$25, 5' is \$30, 6' is \$35.

3-14-86

Last Monday didn't turn out too bad. I fertilized & seeded Alea's backyard & then Manpower called to tell me to work at Scotty's from 12 to 8 for the remainder of the week. ^{to work} Starting late in the day has helped me to catch up on things once again.

I'VE BEEN EXPERIMENTING WITH MERRILL CALLOWAY'S TIRE REPAIR SUGGESTIONS THE PAST FEW DAYS. I WAS UNABLE TO FIND "BOOT PATCH" ; HAVE BEEN USING "THE SOLE ANSWER" INSTEAD, THOUGH "GOOP" PROBABLY WOULD HAVE BEEN A BETTER CHOICE SINCE IT'S MORE WIDELY AVAILABLE.

I STARTED BY FOLLOWING MERRILL'S INSTRUCTIONS WITH THE EXCEPTION OF SUBSTITUTING NO-SEE-UM NETTING FOR UNCOATED NYLON. I MADE TWO CUTS, ONE ON THE SIDEWALL ; ONE ON THE TREAD (I MADE "STAR-CUTS" - TWO CUTS MADE PERPENDICULAR TO EACH OTHER TO ASSURE THAT THE TIRE CORD IS CUT - THIS SIMULATES THE WORST TIRE FAILURE POSSIBLE SHORT OF SOMETHING THAT IS IMPOSSIBLE TO REPAIR).

LIKE A DUMMY, I PUT THE REPAIRED TIRE ON THE REAR WHEEL, INSTEAD OF THE FRONT LIKE I WOULD HAVE DONE IF I HAD MADE THE REPAIR WHILE TRAVELLING.

THE RESULTS ARE A BIT LESS THAN DESIRABLE. I RODE ABOUT TEN MILES ; THE TUBE PRESSURE WAS BEGINNING TO CAUSE A PATCH FAILURE. BY THE TIME I GOT OFF WORK IT WAS DOUBTFUL IF I'D MAKE IT THE FIVE MILES BACK HOME AS THE PATCH HAD BALLOONED OUT THROUGH THE TIRE.

THE NEXT TIME AROUND I'LL REDUCE THE TIRE PRESSURE, ¹/₂ MOUNT THE TIRE ON THE FRONT WHEEL. IF I EVER USE IT AS AN EMERGENCY REPAIR, I'LL ALSO RELEASE THE AIR PRESSURE IF I STOP FOR LONG^(PERIODS) IN THE HOPE OF PROLONGING ITS EFFECTIVENESS.

YESTERDAY I REPAIRED THE TIRE USING DENIM, HOPING IT WOULD BE STRONGER THAN NO-SEE-UM NETTING. THE TIRE CASING DEFINITELY SEEMS MORE RIGID AS A RESULT.

IF THIS PATCH FAILS I'LL POSSIBLY TRY USING STEEL MESH OR STEEL MESH ; FABRIC. MY GOAL IS A PATCH THAT WOULD LAST FOR A WEEK OR MORE.

NOTHING NEW HAS BEEN HAPPENING AT WORK THIS WEEK. MICHELE, A LADY ON THE MERCHANDISING CREW, GAVE ME THE ADDRESS OF HER SISTER IN THE HAGUE, NETHERLANDS.

I'VE BEEN LEARNING TO DRIVE A FORKLIFT THE PAST FEW DAYS. IT'S BEEN FUN, BUT NOT AS EXCITING AS IT SEEMED WHEN I WAS 18.

I'VE DECIDED TO TRY TO LEAVE ON THE 26TH IF THE SAILBOAT DELIVERY DOESN'T SEEM LIKELY BY THEN. THIS WEEKEND I'LL TRY TO SCROUNGE UP A ^{BIKE} BOX, JUST IN CASE.

IT GONNA BE A BITCH GOING TO WORK TODAY. IT'S RAINING WITH OCCASSIONAL THUNDER & LIGHTNING. IT'S GOT BROWN DOG UPSET, TOO. HE'S FOLLOWING ME AROUND THE HOUSE & TREMBLING WHENEVER THE THUNDER ROARS.

EARLIER THIS WEEK IT SEEMED AS THOUGH THE SEAL ON MY PUMP HAD BROKEN, BUT I DISCOVERED THAT MERELY LUBRICATING IT

CORRECTED THE PROBLEM.

8-23-86

AFTER ONLY marginally effective results repairing tire cuts using NO-SEWING NETTING, I TRIED SUBSTITUTING DENIM WITH GREATER SATISFACTION.

I WAS ABLE TO RIDE IN EXCESS OF FIFTY MILES WITH IT MOUNTED ON THE FRONT WHEEL & WHEN I REMOVED IT, IT WAS STILL GOOD FOR AT LEAST 20-30 MORE MILES. IF IT WERE POSSIBLE TO REINFORCE THE HOLE WITH SOMETHING RIGID IT ~~COULD~~ COULD POSSIBLY LAST INDEFINITELY, AS THE ONLY PROBLEM I'VE EXPERIENCED IS THE PATCH STRETCHING OUT THROUGH THE CUTS AS A RESULT OF TIRE PRESSURE. I MAY TRY TO FIND A SMALL SQUARE OF SHEET ALUMINUM TO CARRY WITH ME FOR JUST SUCH A PURPOSE

I'M STILL WORKING AT SCOTTY'S & WILL BE FOR ANOTHER DAY OR TWO. IT'S BEEN GETTING PRETTY BORING THERE LATELY, BUT THEY'RE PRETTY GOOD ABOUT NOT PUSHING US VERY HARD.

16230

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TODAY WAS ALEA'S BIRTHDAY. WE WERE
PRETTY LAZY; DID VERY LITTLE EXCEPT GOING
TO THE MOVIES; ~~WENT~~ OUT FOR PIZZA.

I CHECKED AGAIN ON FLIGHTS TO LUXEM-
BOURG; HAVE DECIDED TO TRY LEAVING ON THE
29TH SO THAT ALEA ^{CAN} DRIVE ME TO ORLANDO
TO CATCH MY FLIGHT. IT'LL COST ME \$189
(STANDBY) + \$400 FOR A BIKE BAG. MY BIKE
CAN GO FOR FREE IF I HAVE ONLY IT; ONE
OTHER PIECE OF LUGGAGE, SO I'LL TRY CARRYING
MY FRONT PANNIERS ON THE PLANE; PACKING
MY REAR PANNIERS, SLEEPING BAG, PAD IN
A CARDBOARD BOX FOR MY SECOND PIECE.

3-29-86

I'M ON MY WAY TO LUXEMBOURG AFTER
HAVING NO PROBLEM FLYING STANDBY. I WAS
LUCKY ENOUGH TO GET A FREE BIKE BOX
WHICH THE PEOPLE AT ICELANDAIR BEGGED OFF
OF EASTERN AIRLINES FOR ME. IT WAS LARGE
ENOUGH FOR ME TO FIT THREE PANNIERS,
MY SLEEPING BAG; PAD; ALL MY MISCELLANEOUS

16230

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STUFF INTO IT, SO I ONLY HAD ONE PIECE
OF LUGGAGE TO CHECK IN. I STILL CAN'T
BELIEVE IT DIDN'T COST ANYTHING EXTRA
TO BRING IT ALONG. SO FAR, IT'S COST ME
\$192 (\$189 + \$3 DEPARTURE TAX) TO FLY; THAT
INCLUDES DINNER; BREAKFAST - ^{1/2} I WAS
EXPECTING TO PAY AT LEAST \$250 (+ \$30 OR SO
FOR THE BIKE).

IT'S BEEN A VERY RELAXED WEEK - I
WORKED A TOTAL OF 20 HRS AT SCOTTY'S ON
MONDAY, TUES., WEDS. I WAS ABLE TO GET
EVERYTHING DONE THAT I NEEDED TO DO AT A
VERY RELAXED PACE ON THURS. & FRI.

I HAD DINNER WITH GRANDMA ON FRIDAY
& FOUND TIME TO STOP & CHAT WITH HER FOR A
CHANGE. NOTHING IS NEW EXCEPT THAT SHE'S
HAD A FEW MORE OFFERS ON THE HOUSE; IT
MAY SELL SOON. I GUESS SHE'LL MISS ME A BIT.
SHE USED TO COMPLAIN THAT I RARELY STOPPED
FOR LONG, BUT I GUESS HAVING SOME ONE POPPING
IN & OUT OCCASSIONALLY IS BETTER THAN NOTHING.

116,230

311

OF COURSE ALEA DROVE ME TO THE AIRPORT TODAY. TWO HOURS IN THE CAR MADE ME DREAD 11 1/2 ON THE PLANE, BUT IT MAY NOT BE SO BAD, AT LEAST IT DOESN'T SEEM SO SO FAR.

WE STOPPED BY & VISITED WITH HER BROTHER JOE & HER FOLKS BEFORE MAKING IT TO THE AIRPORT.

ONCE I KNEW FOR SURE THAT I WAS GOING TO FLY I TRIED CALLING MOM, BUT NOBODY WAS HOME; I CALLED ROB; THE PHONE WAS DISCONNECTED; I CALLED THE SEXTON'S; THEY WEREN'T IN; I FINALLY LEFT A MESSAGE ON MIKE'S RECORDER.

IT WAS A GOOD THING ALEA CAME WITH ME; STAYED 'TIL THE PLANE LEFT. SHE KEPT ME FROM FORGETTING TO DEFLATE MY TIRES, WHICH COULD HAVE CAUSED TWO BLOW-OUTS - A REAL DISASTER ON A SUNDAY -; REMINDED ME TO CALL HOME. I WAS AMAZED AT HER PRESENCE OF MIND, AS SHE WOULD START CRYING WITHOUT MUCH PROVOCATION, ~~PROPER~~ SHE WAS

116,245

312

THE ONE THAT KEPT THINGS UNDER CONTROL DURING THAT LAST COUPLE OF HOURS.

3:30 PM

15km

IT WAS ONLY 34°F WHEN I LANDED IN LUXEMBOURG SHORTLY BEFORE TEN; I DOUBT IF IT'S GOTTEN PAST 40°F ALL DAY. I'M THANKFUL IT WASN'T RAINING WHEN I STARTED OUT TODAY, THOUGH IT'S BEEN MISTING A LOT SINCE I ARRIVED IN THE CITY. IT'S AMAZING HOW THAT LITTLE BIT OF MOISTURE CAN DO A LOT MORE TO MAKE YOU FEEL COLD THAN THE LOW TEMPERATURE & WIND.

I DEFINITELY AM WONDERING IF COMING TO EUROPE THIS SOON WAS VERY BRIGHT. I'VE BEEN CHECKING TEMPERATURES FOR BONN, BRUSSELS, LONDON & PARIS FOR OVER A WEEK NOW; THE HIGHS HAVE USUALLY BEEN AROUND 50°F, SO I HAVE NO IDEA IF THIS AREA IS JUST USUALLY COLDER OR IF I'VE ARRIVED AT THE SAMETIME AS A COLD FRONT. HOPEFULLY THE LATTER IS TRUE; IT WILL WARM UP SOON.

(16,245)

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I SPENT A FEW HOURS LOOKING AROUND THE CITY AT THE OLD FORTIFICATIONS; TRY^{ing} TO FIGURE OUT WHAT I REMEMBER FROM THE PREVIOUS TIME I WAS HERE. NOT MUCH, BUT IT ALL LOOKS A LITTLE FAMILIAR.

I'M AT THE YOUTH HOSTEL NOW, AVOIDING THE COLD; DOING MY BEST TO STAY WARM. I'M TRYING TO FIND OUT HOW FAR IT IS TO BAD KREUZNACH & WHERE THERE ARE HOSTELS ALONG THE WAY SO I CAN SAUNTER ON OVER THERE BEFORE THE END OF THE WEEK. OF COURSE IT'S CLOSE ENOUGH THAT I MIGHT BE THERE BY TUESDAY.

I HIT MY FIRST SNAG WHEN I TRIED TO CHECK IN AT THE HOSTEL TODAY. THE HOSTEL WARDEN CLAIMS MY THREE YEAR HOSTEL^{card} IS NOT VALID BECAUSE IT IS ONLY STAMPED '1985', EVEN THOUGH IT SAYS IT'S A 3 YEAR CARD. HE CLAIMS IT SHOULD HAVE A TRIPLE DATE STICKER FOR '85, '86, & '87. I'LL HAVE TO WRITE AYL & DEMAND A PROPORTED REFUND SINCE I HAD TO PURCHASE A NEW CARD OR SLEEP OUT IN THE WET SNOW TONIGHT.

(16,295)

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I SAY THAT BECAUSE IT HAS BEEN SNOWING & RAINING OFF & ON TODAY & LOOKS AS IF IT MAY CONTINUE TO BE COLD & NASTY FOR A FEW DAYS.

IF IT DOES I'LL PROBABLY SLOWLY HEAD TOWARD MIKE'S HOUSE, GOING FROM HOSTEL TO HOSTEL & DOING 30-60 Km/DAY.

I LEARNED THAT I HAD FORGOTTEN SOMETHING, TOO, THOUGH LUCKILY I DIDN'T LEARN THE HARD WAY. I FORGOT TO PACK A PLASTIC BAG TO COVER MY SLEEPING BAG & PAD. I CAN MAKE DO WITH ONE OF MY PANNIER LINERS FOR A COUPLE OF DAYS.

I WAS FEELING PRETTY UNEASY MY FIRST FEW HOURS IN LUXEMBOURG. BUT IT'S BEEN SO EASY TO COMMUNICATE WITH PEOPLE PLUS I'VE ALREADY MET PEOPLE FROM THE STATES, CANADA, BRITAIN, NEW ZEALAND, & AUSTRALIA THAT I'M NOT SO UNCERTAIN ABOUT THINGS ANY MORE. EXCEPT THE WEATHER, THAT IS.

(3-31-86)

(50km)

IT'S WARM TODAY. I'D GUESS IT'S BEEN IN THE LOW 50°'S, DESPITE OCCASSIONALLY HEAVY RAIN.

16,295

313

I WAS SORT OF DREADING HEADING OUT THIS MORNING, THOUGH AT THE TIME IT WAS ONLY SPRINKLING. I REMEMBERED SOMETHING THAT I'LL ^{TRY} NOT TO FORGET IN THE FUTURE: RIDING IN THE RAIN WITH THE WIND AT YOUR BACK IS ONLY marginally UNCOMFORTABLE, BUT WITH A HEADWIND IT'S NEARLY ALWAYS TOTALLY UNCOMFORTABLE. I RECALLED THAT BECAUSE I HAD A ~~tail~~ TAILWIND; I HAD A VERY ENJOYABLE RIDE, CIRCUMSTANCES CONSIDERED, I COULDN'T HELP THINKING THAT RIDING ~~from~~ FROM MIKE'S PLACE TO ENGLAND WOULD BE A LOT LESS PLEASANT.

SO I'M IN TRIER, WEST GERMANY NOW. THE TOWN IS UNDOUBTEDLY OF GREAT HISTORICAL IMPORTANCE, THOUGH IT'S ALL LOST ON ME SINCE EVERYTHING IS WRITTEN IN GERMAN.

THE MOST IMPORTANT STRUCTURES SEEM TO BE REMNANTS OF THE ROMAN EMPIRE. THERE ARE QUITE A FEW OLD CATHEDRALS AROUND AS WELL.

16,295

313

I THINK I NEED TO RETHINK MY EQUIPMENT NEEDS ONCE I REACH MIKE'S. I CAN PROBABLY GET BY WITHOUT MY TENT, PAD, & SLEEPING BAG UNTIL I REACH BEN'S HOUSE IN AMSTERDAM; MY STOVE & POT ARE WORTHLESS UNTIL I REACH PLACES WITH BAD WATER; EVEN THEN I PROBABLY SHOULD TRY TO ONLY TREAT MY WATER WITH IODINE, SINCE COOKING SEEMS LIKE A BAD IDEA - THE EFFORT IS RARELY WORTH THE RESULTS.

I ALSO NEED TO BUY BED SHEETS OR A SLEEP SACK. THEY HAVE BEEN REQUIRED AT BOTH HOSTELS; I'VE HAD TO RENT THEM FOR APPROX \$1.20 (60LF); \$1.80 (40m). NOT DOING SO WOULD RAISE MY EXPENSES BY AT LEAST \$10/WK FOR THE NEXT TWO MONTHS.

I'LL PROBABLY BE STAYING IN HOSTELS ALL THE TIME I'M ABLE. SINCE ONE NIGHT + BREAKFAST IS ONLY ABOUT \$6. IF I KEEP MY MILEAGE DOWN SO THAT I DON'T BUILD UP MUCH OF AN APPETITE I CAN PROBABLY GET BY ON \$10/DAY

16,425 314

MOST OF THE TIME.

SOME OF THE SITES I'VE SEEN TODAY INCLUDE THE ZOLL-KRAN (WHICH I THINK MEANS CUSTOMS CRANE) WHICH IS SITUATED ALONG THE MOSELLE RIVER. IT'S A BUILDING WITH A LONG BOOM & BLOCK/TACKLE STICKING OUT OF A ROOF THAT ROTATES IN ORDER TO SWING THE CARGO ^{TO} THE BANK OF THE RIVER. THERE IS A SIMILAR STRUCTURE NEARBY CALLED THE ALTA KRAN, THOUGH I CAN'T THINK OF ITS MEANING.

OH YEAH, BOTH CRANES SEEM TO BE FOOT-POWERED. THERE ARE TWO HUGE "HAMSTER WHEELS" IN EACH BUILDING WHICH I ASSUME MEN CLIMBED INTO IN ORDER TO ROTATE THE ROOF.

4-1-86

(130km)

I MADE IT TO MIKE & ILONA'S TODAY. I WAS THINKING I WOULD WHEN I LEFT TRIER BECAUSE IT WAS ABOUT 45° AT 9:00PM, BUT 30KM DOWN THE ROAD NEAR HERMESKEIL THE TEMPERATURE DROPPED TO AROUND 37° WITH OCCASSIONAL SNOW FLURRIES.

16,425 314

& I WASN'T TOO CERTAIN ANYMORE. IN FACT I WAS TRYING TO FIND THE BAHNHOF (TRAIN STATION) IN HERMESKEIL WITH THE INTENTION OF TRYING TO ~~PRO~~ DEFROST MY TOES & REST A FEW HOURS, CONSIDERING STOPPING THERE FOR THE EVENING. THE ONLY THING THAT KEPT ME GOING WAS THE LONG STEEP CLIMB TO THE INFORMATION CENTER ONLY TO FIND THE BAHNHOF WAS DOWN AT THE BOTTOM OF THE HILL.

I'VE DISCOVERED AN EASY WAY TO DETERMINE IF THERE ^{IS} ~~ARE~~ ANY DIFFICULT TERRAINS AHEAD OF ME - THE GERMANS TAKE ONE LOOK AT MY BIKE & START LAUGHING OUT LOUD. AT LEAST THAT HAPPENED TO ME A COUPLE OF TIMES TODAY.

AROUND 2:00PM THINGS START CLEARING & WARMING UP, SO I QUICKLY PASSED THROUGH IDAR-OBERSTEIN & SAW THE CASTLE RUINS; THE CHURCH BUILT INTO THE SIDE OF THE CLIFF & SPED ON MY WAY TO B.K.

I HAD A BIT OF TROUBLE FINDING A TOURIST INFO PLACE & WHEN ALL THE BUSINESSES STARTED TO CLOSE UP DECIDED TO CALL

16,425 315

MIKE INSTEAD OF PEDALING UP TO THE DOOR-
STEP.

4-2-86

No "K"s

ANOTHER LAZY DAY. I GOT A BUNCH OF
WASHING DONE BUT WAS STRANDED AT THE HOUSE
UNTIL 2:30 WAITING FOR MY PANTS TO DRY.

I DID MANAGE TO BUY THE BEDSHEETS I
NEEDED & GOT A LOCK SO THAT I CAN LOCK MY
GEAR IN THE HOSTELS THAT I VISIT. AND I
MANAGED TO GET SOME OF THE PLASTIC BAGS
& ODDS & ENDS I NEED TO GET ORGANIZED FOR
THE REST OF THE JOURNEY.

WHEN MIKE GOT HOME HE TOOK ME ON A
QUICK TOUR OF BAD KREUZNACH & BAD MÜNSTER.
WE STARTED OUT WALKING UP TO KAUFENBURG,
THE CASTLE ABOVE THE BRIDGE HOUSES, PAST
BY THE HOUSE WHERE RICHARD WAGNER WAS
BORN, & PAST THE 'SALINEN' WHERE SALT IS
SOMEHOW MADE BY POURING MOUNTAIN WATER
THROUGH FILTERS MADE FROM TREE TWIGS. THE
WATER VAPOR THAT OCCURS AS A SIDE EFFECT
IS SAID TO BE EXCEPTIONALLY HEALTHFUL & IS

16,425 316

THE BASIS OF THE INN & RESORT INDUSTRY
THERE. AFTER THAT WE SAW ~~RHEINGRAFEN~~
RHEINGRAFEN, ^{RHEINGRAFEN} STEIN
EGERNBURG, TWO CASTLES LOCATED
IN BAD MÜNSTER.

4-3-86

No "K"s

I DECIDED TO DO SOME SOLO SIGHTSEEING
TODAY, SO I GOT OUT EARLY & HIKED TO
RHEINGRAFENSTEIN, THE CASTLE OVERLOOKING
BAD MÜNSTER. IT TOOK ABOUT THREE HOURS
& I GUESS IT WAS AROUND EIGHT MILES ROUND
TRIP, THOUGH I HAVE NO WAY OF KNOWING FOR SURE.

I DIDN'T SEE ANYTHING THAT MIKE DIDN'T
SHOW ME YESTERDAY, BUT I SAW EVERYTHING
FROM A DIFFERENT PERSPECTIVE - FROM A
COUPLE HUNDRED FEET UP ON A CLIFF.

RHEINGRAFENSTEIN CASTLE WAS GREAT. ITS
BEING RESTORED, THOUGH IT DOESN'T LOOK AS
THOUGH THEY'RE RESTORING IT TO THE ORIGINAL
SPECS. STILL IT WAS INTERESTING & I GOT A
CHANCE TO SNEAK INTO THE CANNON ROOM
DESPITE A LOCKED DOOR.

MIKE REFERS TO RHEINGRAFENSTEIN AS

16,425

317

A 'BAD BURG' (CASTLE) DUE TO THE FACT THAT THE ONLY TIME IT FELL WAS AFTER AN INVADING ARMY BOMBARDED IT FOR TWO YEARS.

ILONA & I WENT SHOPPING THIS AFTERNOON & SHE HELPED ME TO UNDERSTAND THE DIRECTIONS ON SOME OF THE PACKAGES. I WAS REALLY IMPRESSED WITH THE LITTLE STORE WE WENT TO.

IT SOLD EGGS IN SIXES OR INDIVIDUALLY, MARGARINE IN 250G ($\frac{1}{2}$ lb) PACKAGES, 250G LOAVES OF BREAD, ETC... YOU CAN EVEN BUY INDIVIDUAL COKE, FANTA, ETC... FOR 35¢ A CAN ^(330 ml) OFF-BRAND FOR LESS THAN 25¢ OR 500ml ($1\frac{1}{2}$ oz) BEER FOR ABOUT 40¢. THE PRICE FOR LARGE QUANTITIES AREN'T QUITE AS GOOD AS IN THE STATES, BUT FOR SMALL QUANTITIES ARE AS MUCH AS 40% LESS, WHICH IS GOOD NEWS FOR ME.

4-4-86

NO K'S

YET ANOTHER LAZY DAY. I DID VENTURE INTO TOWN TODAY FOR YET ANOTHER LOOK AROUND & FOUND A CYCLING CAP FOR SIX MARKS (ABOUT $\frac{1}{2}$ £) WHICH

16,525

318

ISN'T BAD CONSIDERING THERE IS A 14% SALES TAX FIGURED INTO EVERYTHING YOU BUY IN GERMANY.

ILONA ALSO CASHED A CHECK FOR ME FOR £500. SHE GOT THE MONEY IN 120'S, THOUGH I WOULD HAVE LIKED SOME LARGER BILLS WHICH WAS MY FAULT FOR NOT SPECIFYING. THE SMALLER BILLS WILL BE EASIER TO CASH BUT HARDER TO CONCEAL TO PREVENT THEFT.

I'LL PUSH ON TOMORROW UP THE RHINE VALLEY TO KOBLENZ. ACCORDING TO THE MAP THERE ARE 20 CASTLES BETWEEN BINGEN & KOBLENZ, SO THERE WILL BE A LOT TO SEE IF THE RAIN CO-OPERATES.

4-5-86

100km

IT'S BEEN A COLD & LESS THAN ENJOYABLE DAY, BUT I MANAGED TO DO A LOT OF SIGHTSEEING.

MIKE GOT THE DAY STARTED BY LEADING ME OUT TO LANGENLONSHEIM TO HELP ME AVOID TRAFFIC. FROM THERE IT WAS A SHORT RIDE TO THE RHINE VALLEY & ALL THE CASTLES.

I DIDN'T STOP TO LOOK AT ANY OF THEM AS THE INSIDES DON'T INTEREST ME MUCH. I'M MORE IMPRESSED BY THE OUTWARD APPEARANCE.

(16,525) 318

I WAS AMAZED AT HOW DIFFERENT THE CASTLES ALL LOOKED, I WOULD HAVE THOUGHT MOST OF THEM WOULD BE FAIRLY SIMILAR.

ANYWAY, BACHARACH & SCHLIZ BURG WERE GREAT. BACHARACH IS A WALLED CITY & SCHLIZ IS THE CASTLE THAT USED TO DEFEND IT. THE CITY WALL IS ACTUALLY A NUMBER OF HOUSES SANDWICHED IN BETWEEN WATCHTOWERS THAT CONTROL ACCESS IN/OUT.

ABOVE ^(NORTH OF IT) IT WAS DIE PFALZ, A CASTLE SITTING IN THE CENTER OF THE RHEIN, PROBABLY ONCE USED TO EXTORT TOLLS FROM PASSING BOATS.

FROM THERE TO KOBLENZ WAS LESS HISTORIC & SCENIC & ALL I COULD THINK OF WAS HOW COLD MY TOES WERE. I NEVER SAW THE TEMPERATURE ON MY THERMOMETER RISE ABOVE 39° ALL DAY, THOUGH IT SEEMED WARMER AROUND B.K. TO MAKE THINGS WORSE. I WAS RIDING INTO A HEADWIND ALMOST ALL DAY LONG.

I DID SOME VERY FAST SIGHTSEEING IN KOBLENZ (I DON'T REMEMBER THE NAMES OF ANY OF THE STUFF I SAW, THOUGH IT WAS

(16,525) 318

VERY INTERESTING) AS THE TOURIST INFORMATION WAS CLOSED & SO WAS THE YOUTH HOSTEL, THOUGH I DIDN'T KNOW THAT AT THE TIME. I WAS ALMOST TO THE HOSTEL WHEN I FOUND IT WAS BEING REMODELED & SO I HAD TO GO TO THE ONE IN BAD EMS, 20 KM AWAY.

ONCE IN BAD EMS I ACTUALLY ASKED SOMEONE WHERE THE HOSTEL WAS & LUCKED OUT. HE & HIS FRIEND, KLAUS, DIDN'T KNOW HOW TO EXPLAIN IN ENGLISH HOW TO GET THERE. SO KLAUS DROVE ME THERE. AND AM I GLAD HE DID. I DON'T THINK I'M GOING TO LIKE GETTING DOWN FROM HERE BECAUSE THE ROAD IS SO STEEP - I KNOW I WOULDN'T HAVE LIKED GOING UP.

I MET AN OLD MAN FROM HUNGARY WHILE NEAR BACHARACH THAT WAS A TRIP. HE TOLD ME IN BROKEN ENGLISH THAT HE'D BEEN PEDALING AROUND FOR FOUR YEARS ON WHAT LOOKED LIKE A LADIES THREE SPEED. I SURE WISH I COULD SPEAK HUNGARIAN.

16,605 319

4-6-86 (80 Km)

ANOTHER COLD DAY WITH A TAILWIND. THERE HASN'T BEEN AS MUCH TO SEE TODAY, IN PART BECAUSE THE NEWNESS OF EVERYTHING IS WEARING OFF.

THE SIGNS LEADING INTO BONN WERE CONFUSING AS HELL, AS WAS MY LARGE SCALE MAP, SO I RODE AROUND IN CIRCLES FOR A LONG TIME, BUT I DID MANAGE TO FIND THE BATHHOF AFTER ABOUT TWO HOURS. I DECIDED TO FOREGO SIGHTSEEING (TOURIST INFORMATION WAS CLOSED ANYWAY) & DECIDED TO FIND THE HOSTEL INSTEAD. MORE CONFUSING SIGNS, BUT I FOUND IT ANYWAY.

I GOT A GREAT BREAKFAST AT BAD EMS THIS MORNING. TWO PIECES OF WHITE BREAD, THREE PIECES OF RAISIN BREAD, BLACKBERRY JAM, SOME SORT OF MEAT SPREAD, A HUGE SLAB OF BUTTER & MINT TEA FOR ABOUT \$1.75! NOT A BAD SPREAD.

I FINALLY FOUND A YOUTH HOSTEL HANDBOOK (9 dm \approx \$4), BUT I DON'T LIKE WHAT I READ:

16,695 320

NO HOSTEL IN MONS. NOW I WISH MY FRENCH WAS MUCH BETTER SO THAT I COULD FEEL MORE COMFORTABLE DROPPING IN ON THE MONNYS.

PERHAPS BY THEN THE WEATHER WILL BE BETTER; I CAN CAMP OUT INSTEAD. I HEAR CAMPING RATES ARE VERY REASONABLE IN GERMANY & HOPEFULLY THEY ARE IN BELGIUM, TOO. I'M ^{SURE} ONE NIGHT CAN'T COST MORE THAN AT A YOUTH HOSTEL ANYWAY.

4-7-86 (90 Km)

IT FINALLY WARMED UP TODAY. IT WAS AT LEAST 49°, POSSIBLY OVER 50°! I WAS SO WARM ALL I HAD TO WEAR (EXTRA) WERE MY WARM-UPS, FLANNEL SHIRT & WOOL SWEATER.

I GUESS IT'S STILL EARLY ENOUGH THAT THE SUN STILL DOESN'T HAVE A STEEP ENOUGH ANGLE TO BURN OFF THE LOW CLOUDS, THOUGH IT'S COMING CLOSE. I'M NOT TOO SURE THAT POLLUTION ISN'T PART OF THE PROBLEM - THE HAZE AROUND HERE KEEPS THE VIEW DOWN TO A MILE OR LESS.

I THINK I'M CATCHING COLD OR COMING

16,785 B21

DOWN WITH A SORE THROAT, SO THE SLIGHT WARMING OF THE WEATHER IS WELL TIMED.

I'M THINKING OF CROSSING THE TIP OF HOLLAND TOMORROW ON MY WAY TO GENK, BELGIUM. THERE'S SOMETHING CALLED 'BOKRIJK' THERE THAT'S SHOWN AS AN 'OTHER INTERESTING SIGHT TO SEE' ON MY MAP. IT'LL ALSO GIVE ME TIME TO EXPLORE NEW TERRITORY.

4886

90km

THE MORNING STARTED OUT WELL DESPITE WAKING UP TO VERY THICK FOG. I WAS LUCKY ENOUGH TO MEET TWO GUYS OF THE TEN IN THE ROOM I HAD AT THE HOSTEL, A GUY FROM NEW YORK NAMED MATTHEW; ONE FROM LUSTENAU, AUSTRIA NAMED JOHANN. BESIDES BEING GOOD COMPANY (BOTH OF THEM), JOHANN GAVE ME HIS ADDRESS IN A PLACE VERY NEAR A NUMBER OF PLACES I HOPE TO SEE.

HE ALSO SAID THAT BY CHECKING WITH A TRAVEL AGENT THAT I COULD FIND HOMES TO STAY IN FOR ABOUT THE PRICE OF A YOUTH HOSTEL, THOUGH I DON'T KNOW IF SOME KIND OF RESERVATION

16,785 B21

WOULDN'T BE REQUIRED.

THAT COVERS MOST OF THE GOOD NEWS FOR THE DAY. MY COLD HAS GOTTEN PROGRESSIVELY WORSE TODAY; THAT PLUS POOR VISIBILITY & MORE COLD WEATHER KEPT SIGHTSEEING TO A MINIMUM.

I'VE TRIED TO PAMPER MYSELF A BIT TODAY TO TRY TO SHAKE OFF THE MISERLY HABITS I PICKED UP AS A RESULT OF EVERYTHING BEING CLOSED MY FIRST TWO DAYS IN EUROPE.

WHILE IN MAASTRICHT, HOLLAND I DECIDED TO HAVE LUNCH AT A FRITE STAND (INDOORS). I HAD A SUPERCHEESEBURGER (I WANTED SOUP BUT THEY WERE OUT) THAT HAD GRATED CARROTS, LETTUCE, ONION, CUCUMBER, MAYONNAISE; A SORT-OF PAPRIKA BAR-B-QUE SAUCE. I ALSO HAD LOTS OF FRIES, & AN AMSTEL BEER FOR LESS THAN \$4.

SPIRRED ON BY EVER INCREASING SNIFFLES I HEADED FOR THE HOSTEL IN GENK ONLY TO FIND THEY WERE FULL UP; THAT I'D HAVE TO PEDAL ANOTHER 20 MILES TO THE

153 285-11

16785 322

NEXT CLOSEST ONE IN DIEST. THAT JUST ABOUT RUINED MY DAY, BUT ARRIVING AT DIEST MADE IT ALL UP TO ME.

THIS PLACE IS BEYOND A DOUBT THE BEST HOSTEL I'VE EVER BEEN IN. THEY'VE GIVEN ME A TWO-BUNK ROOM (SO FAR TO MYSELF) WITH A BUILT-IN CLOSET, SINK, & NEWS WALL-PAPER. THE SHOWERS ARE HOT, THERE'S A BAR UPSTAIRS & TO HAVE A HOT SUPPER, BREAK-FAST, & SPEND THE NIGHT IT'S COSTING ME 415 BF (ABOUT \$8⁵⁰) & MOST OF THAT IS THE COST OF THE SUPPER (185 BF FOR TWO BOWLS OF SOUP, SAUSAGE, & GRAVY, MASHED POTATOES, & MIXED VEGETABLES).

ANOTHER INTERESTING SIGHT TODAY WERE THE BIKE PATHS NEAR HASSELT WHICH ARE VERITABLE FREEWAYS IN MINIATURE. I HOPE TO ^{SEE} SOMETHING LIKE THAT AGAIN SO I CAN GET SOME PICTURES AS I WASN'T IN THE MOOD EARLIER.

4-9-86 (No "km's")

I'M FEELING MUCH BETTER TODAY. MY RUNNY NOSE HAS STOPPED & I FEEL THAT MY PLANS FOR

153 285-11

16785 322

CONTINUING ARE SHAPING UP WELL. TOMORROW I'LL HEAD FOR ANTWERP WHICH I SHOULD REACH EARLY ENOUGH IN THE AFTERNOON FOR A GOOD LOOK AROUND. THEN I GO TO MALDEGEM, A LONG RIDE THAT SHOULD PUT ME INTO BRUGGE VERY EARLY THE NEXT MORNING & FINALLY TO COSTEJDE OR ZEEBRUGGE DEPENDING ON WHICH HAS A FERRY RUNNING THAT I CAN REACH FROM BRUGGE.

I TOOK A LONG HIKE THROUGH & AROUND TOWN TODAY, SEEING LINDENMOLEN, AN 18TH CENTURY WOODEN WINDMILL; BEGINKHOF (OR "THE BEGUINAGE") FAMOUS FOR ITS BAROQUE FACADE; THE DIEST MUSEUM, LOCATED IN THE CRYPT OF THE TOWN HALL; & THE HOUSE OF ORANGE (HUIS VAN ORANJE), HOME OF LOCAL ROYALTY WHO'S FREEDOM EVENTUALLY EVOLVED INTO THE PRESENT TOWN; & EEZELDIJKMOLEN A 13TH CENTURY WATER POWERED MILL THAT WAS IN OPERATION UNTIL 1948.

I ALSO WALKED THROUGH THE ^{CRUMBLES} RAMPARDS OF THE ONCE WALLED CITY. AT ONE TIME ABOUT 2/3 OF THE CITY WAS SURROUNDED BY THE DEMER RIVER & THEY HAD BUILT TWO

552 287d

16,785 323

HUGE BERMS ON EITHER SIDE OF THE RIVER
& BUILT THE HOUSES BEHIND THE BERMS IN
SUCH A WAY AS TO CREATE YET ANOTHER WALL
WITH LIMITED ACCESSES.

I ALSO DISCOVERED IT COST 27BF (55¢+) TO
MAIL A POSTCARD TO THE STATES. I GUESS THAT
OFFERS THE CHEAP BEER, CHOCOLATE, & HOSTELS.

IT TURNED OUT TO BE A GOOD NIGHT. AFTER
SUPPER I JOINED 'MARLO' (THE HOUSE WARDEN), 'KAREN'
(HER DAUGHTER), & ^{LUDO} (KAREN'S BOYFRIEND) AS THEY LOOKED
THROUGH PICTURES OF KAREN'S TRIP TO THE STATES A COUPLE
OF YEARS AGO.

AFTER AWHILE, MARLO BOUGHT US ALL A 'GILDE-
BIER' A LOCALLY BREWED DARK BEER (14% ALCOHOL),
SO WE TOOK TOURS BUYING BEER, & TALKING, USUALLY
THEM IN FLEMISH WITH KAREN TRANSLATING, ^{OCCASIONALLY} ~~REPEATEDLY~~
& LATER LUDO SHOWED THAT HE KNEW CONSIDERABLE
ENGLISH, & WE TALKED FOR SOMETIME ABOUT WOMEN,
BEER, COUNTRIES, & WAGES IN BELGIUM & AMERICA.

552 287d

16,840 323

4-10-86 55Km

TODAY STARTED WELL ENOUGH WITH CLEAR
SKIES FOR THE FIRST TIME IN A WEEK, BUT BY
NOON IT WAS GETTING CLOUDY & THE WIND WAS
PICKING UP. FORTUNATELY THE WIND WAS QUARTERING
OVER MY RIGHT SHOULDER, BUT IT WAS STRONG
ENOUGH THAT AT TIMES IT WAS DIFFICULT TO
KEEP ON THE BIKE PATH.

IT GOT UP TO ABOUT 48° TODAY, BUT
WITH THE WIND DIDN'T FEEL ANY WARMER.
I ONLY HOPE THAT THE WIND CONTINUES TO
BLOW OUT OF THE S.E. AGAIN TOMORROW
SO IF IT REMAINS COLD OR RAINS, MY RIDE
TO BRUGGE WON'T BE SO BAD.

WITH LUCK I'LL BE AT BRUGGE ON
A GOOD DAY (SATURDAY). ACCORDING TO
A 1982 BROCHURE I HAVE THAT'S MARKET
DAY & THERE ARE FREE CARILLON CONCERTS.
THE TOURIST INFORMATION IS OPEN LONG HOURS
AS WELL, SO HOPEFULLY I CAN FIND OUT ABOUT
FERRIES TO ENGLAND.

I'm SPENDING THE NIGHT AT THE

16,950

324

HOSTEL IN HOFSTADE, NEAR MECHELEN.
THERE ABOUT TEN ZILLION LITTLE KIDS
RUNNING AROUND HERE; IT'S NOISY AS
HELL. I CAN ONLY IMAGINE WHAT BREAK-
FAST WILL BE LIKE TOMORROW.

41186

110 Km

WHEN I HIT THE ROAD THIS MORNING IT WAS
29° & SNOWING. HARD. AND THE WIND WAS BLOWING
PRETTY GOOD TOO. BUT THE SNOW ONLY CAME
DOWN IN SHOWERS OR FLURRIES AFTER THE FIRST
TEN MINUTES, THOUGH IT DIDN'T GET MUCH WARMER
THAN ABOUT 40°.

I STARTED THE DAY WEARING NEARLY MY FULL
COMPLEMENT OF "ARCTIC WEATHER GEAR", ALL
THE WAY DOWN TO WEARING PLASTIC BAGS
ON MY FEET, & TIGHTENING EVERY CLOSURE ON MY
JACKET TO KEEP THE HEAT IN. THE ONLY CLOTHES
I DON'T WEAR WERE MY WOOL SWEATER &
FLEECE PANTS.

BUNDLING UP PAID OFF AS I PEDALLED
ALONG WITH WARM TOES FOR TWO HOURS, WHICH
IS BETTER THAN I USUALLY DO IN WARMER

16,950

325

WEATHER. OF COURSE ALL THE FLAT LAND
WAS WHAT REALLY MADE IT POSSIBLE TO
SURVIVE THE TEMPERATURE & DISTANCE TODAY.
IT'S INCREDIBLY EASY TO STAY COMFORTABLE
WHEN YOU'RE ABLE TO MAINTAIN A CONSISTENT
PACE, RATHER THAN THE NORMAL CLIMB & COAST,
SWEAT & FREEZE.

TONIGHT I'M STAYING AT THE HOSTEL IN
STEENBRUGGE (A SUBURB OF BRUGGE). TO-
MORROW I'LL EXPLORE THE CITY & PLAN MY
DEPARTURE TO ENGLAND, HOPEFULLY FROM
ZEEBRUGGE. IT MAY NOT BE AS EXPENSIVE
AS I THOUGHT AS THE HYDROFOIL FROM
COSTENJDE TO DOVER IS ONLY ABOUT \$10!

41286

110 Km

IT STARTED SNOWING TODAY AT 8:00 & DIDN'T
STOP UNTIL AFTER 2:00! NOW IT'S TURNED TO
COLD DRIZZLE, WHICH IS A LOT WORSE, SO I'M HUNG
UP A "4 Brugs Beertje" WAITING FOR THE HOSTEL
TO OPEN UP AGAIN AT 5PM. ACCORDING TO THE
'MENU' THERE ARE AROUND 600 BELGIAN BEERS
AVAILABLE IN BLOND, AMBER, RED, DARK & BROWN.

16950

325

IT IS ALSO AVAILABLE AS GEUZE, KIEK, & FRAMBOZENBIER. IF I REMEMBER CORRECTLY FRAMBOISE IN FRENCH MEANS RASPBERRY WHICH SEEMS ODD.

I MESSED UP BY LEAVING THE HOSTEL ALONE TODAY. I'M SURE I COULD HAVE HOOKED UP WITH SOME OTHER PEOPLE, BUT BLEW IT BY GETTING UP TOO EARLY, BEFORE MOST EVERYONE ELSE. BUT THINGS ARE TURNING OUT O.K. AS THE BELGIANS ARE FRIENDLY & MOST SPEAK GOOD ENGLISH.

I JUST FINISHED ^{TALKING} TO A NAMELESS MEMBER OF THE BELGIAN NAVY THAT WAS EXCEPTIONALLY CORDIAL & ABLE TO DISCUSS A RANGE OF TOPICS FROM BEER TO AMERICAN FOREIGN POLICY.

SO FAR I'VE TRIED TWO BEERS: BRIGAND, AN AMBER OF 9% ALCOHOL, & BOS KEUN, A ~~BROWN~~ BLOND-AMBER BEER WHICH IS CLOUDY. BOS KEUN MEANS EASTER BUNNY & IS A SEASONAL BEER. IT IS A BITTER MADE WITH HONEY INSTEAD OF SUGAR & IS EXCELLENT, WHICH SEEMS TO BE A COMMON CHARACTERISTIC OF BELGIAN BEER.

16985

326

THE BELGIAN SAILOR WAS KIND ENOUGH TO LET ME KNOW THAT THIS WAS THE LATEST SNOW IN BELGIUM SINCE SPRING 1967, JUST BEFORE WE MOVED TO MONS. SO MY SANITY IS PRESERVED. IT IS VERY UNUSUAL FOR IT TO BE THIS COLD AT THIS TIME OF YEAR.

4-13-86

25 Km

TOWNSEND THOMPSON FERRY LINES CHANGED THEIR SCHEDULE WITHOUT NOTICE, SO I'M GOING TO DOVER INSTEAD OF FELIXSTOWE IN ORDER TO LEAVE TODAY.

I'LL CIRCUMNAVIGATE LONDON, & VISIT DICK & BEN BRIEFLY ON THE WAY TO BEDFORD. IT MAY TURN OUT BETTER THIS WAY AS I'LL HAVE A CHANCE TO VISIT THE ISLE OF WIGHT, & I'LL BE AT JOYCE & GEORGE'S AROUND THE WEEKEND.

THE FERRY IS CHEAPER TO DOVER, ^(21/2) 1040 BF VS. 1200 BF. THE BROCHURE I SAW SUGGESTING A LOWER FARE MUST HAVE BEEN QUITE OLD, THOUGH THE JETFOIL IS ONLY SLIGHTLY MORE EXPENSIVE. OF COURSE SINCE IT'S ONLY FOR FOOT PASSENGERS TAKING MY BIKE MAY NOT BE POSSIBLE OR IT MAY COST MORE.

16985 326

IT'S SUDDENLY EASIER TO UNDERSTAND WHY DEALING WITH ENGLISH MONEY IS SO DIFFICULT. IT APPEARS THAT ONE NEW PENCE IS EQUAL TO 2.4 OLD PENCE OR FIVE NEW PENCE = ONE SHILLING. IT WOULDN'T BE SO BAD, BUT AFTER ALMOST 20 YEARS OF "NEW PENCE", THERE'S PLENTY OF THE OLD STUFF FLOATING AROUND. AT LEAST A POUND IS JUST A POUND.

I STARTED TO TRY TO MAKE IT TO HASTINGS TONIGHT UNTIL I REALIZED THAT MY MAP SHOWED DISTANCES IN MILES INSTEAD OF KILOMETERS. THAT I'D NEVER MAKE IT ²¹ DAWN DARK. SO, IT WAS BACK TO THE HOSTEL AT DOWER FOR THE NIGHT.

IT COST ABOUT £7.00 (£5.15) FOR A NIGHT PLUS BREAKFAST, SO I THINK I'LL SKIP BREAKFAST (£2.25: £1.50) FROM NOW ON. THE HOSTELS ALL SEEM TO HAVE MEMBER KITCHENS NOW, SO I'LL DO MY OWN COOKING TO KEEP THINGS CHEAP.

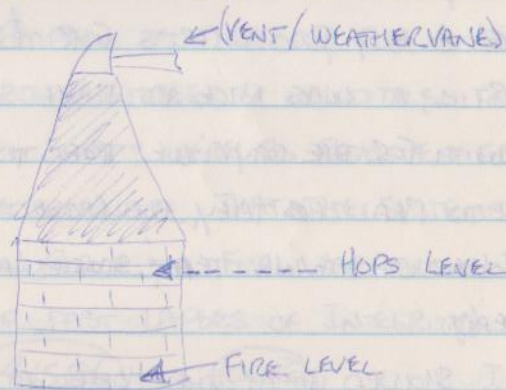
I MET A YOUNG GUY FROM LANCASTER. WE WENT TO THE PUB DOWN THE STREET TO HAVE A PINT. I LEARNED TO DRINK THE LOCAL BEER BECAUSE IT'S A LOT CHEAPER THAN THE GERMAN LAGER THEY

17015 327

ALSO SELL.

4-14-86 300 Km

AS THE HOSTEL NEAR HASTINGS WAS CLOSED TODAY I HAD NO REAL CHOICE BUT TO PEDAL TO CANTERBURY. SINCE BY THE DIRECT ROUTE IT WAS ONLY 15 MILES, I WANDERED THROUGH THE COUNTRYSIDE. I WAS DELIGHTED TO FIND STRANGE CONICAL STRUCTURES THAT LOOKED LIKE:



AT FIRST I THOUGHT PERHAPS THEY WERE SMOKEHOUSES OF SOME SORT. I WASN'T FAR WRONG. I STOPPED, ASKED AN OLD GENTLEMAN WHO HAD THREE ON HIS FARM. I WAS TOLD THEY WERE USED TO DRY HOPS. I ALSO FOUND THAT THIS ^{IS} ONLY THE START OF THE GROWING SEASON. THEY WON'T BE READY FOR PICKING TIL LATE AUGUST.

17,015 327

CANTERBURY DIDN'T INTEREST ME A LOT SINCE THE CATHEDRAL WAS THE MAIN ATTRACTION. BUT I RAN INTO A GUY ON LEAVE FROM THE NAVY (HE WAS STATIONED AT GUAM) NAMED HERB TUCKER, THAT DESCRIBED ALL THE ADVANTAGES OF BEING A NAVAL OFFICER IN THE SOUTH PACIFIC.

MAINLY IT SEEMED TO CONSIST OF GETTING LAID BY ASIAN WOMEN QUITE FREQUENTLY & BEING ABLE TO BUY POLO SHIRTS FOR \$250 IN KOREA.

STILL, IT WAS NICE TO HAVE SOMEONE TO BE WITH FOR THE DAY. WE TRIED TO FIND A PUB ONLY TO REALIZE THEY ALL CLOSED AROUND THREE & ENDED UP HAVING TEA & SCONES AT A TEAHOUSE INSTEAD.

I SHOWED UP AT THE HOSTEL AT OPENING TIME & MET SCOTT (FROM S.F.) & BRIAN (FROM CAPE TOWN, SO. AF.) & WE WENT TO THE PUB WITH OTTO (FROM KIEL, FDR) WHOM I'D MET THE PREVIOUS NIGHT IN DOVER. SCOTT & I ATTEMPTED TO PLAY "BAR BILLIARDS" A STRANGE SNOOKER-TYPE GAME WITH SEEMINGLY COMPLEX RULES & ALSO TALKED POLITICS WITH BRIAN & OTTO.

17,115 328

BRIAN MADE A COMMENT ABOUT THE INTEGRITY OF WHITE ANGLO-SAXONS VS. ITALIANS, ARABS, BLACKS, ETC... WHICH REVEALED SOME OF THE BASIC PREJUDICE THAT CAUSES THE APARTHEID POLICIES IN SOUTH AFRICA.

I SAID THAT THE ACTIONS OF THOSE PEOPLES WERE CAUSED BY GEOGRAPHY & CIRCUMSTANCES, NOT GENETICS. AND IF WE WERE FORCED TO COMPETE AS FIERCELY FOR A "DECENT" LIVING THAT OUR INTEGRITY WOULD ALSO FAULTER. (OR PERHAP IT HAS & WE'RE SO REMOVED FROM IT AS TO BE UNAWARE, THAT THE SYSTEMS WE'VE PUT IN PLACE TO FUEL CAPITALISM ARE A RESULT OF PAST LACKS OF INTEGRITY).

(4-15-86) (100km)

A PRETTY RELAXING DAY. I MEANDERED THROUGH THE COUNTRYSIDE WITH MY SOLE OBJECTIVE BEING TO REACH THE HOSTEL AT CROCKHAM HILL. I DIDN'T HAVE TO WORRY ABOUT MISSING ANYTHING OF HISTORICAL SIGNIFICANCE, THOUGH LEEDS CASTLE & A FEW OTHER SIGHTS WERENT FAR OFF MY ROUTE.

17,180

17,180

I HAD A LOT FUN RIDING ON ROADS NOT ON MY MAP. I'D JUST HEAD DOWN A ROAD & TRY TO SEE IF I COULD FIGURE OUT WHERE TO GO WHEN I REACHED A CROSSROADS BY READING THE SIGNPOSTS. USUALLY IT WAS EASIER TO FIND OUT WHICH PLACES I DIDN'T WANT TO GO TO & FIND MY ROUTE BY PROCESS OF ELIMINATION.

THE SHOWERS HERE AT THE HOSTEL ARE THE WORST POSSIBLE, UNDOUBTEDLY DEVELOPED BY MACHIAVELLI HIMSELF. ONE MINUTE THEY'RE STEAMING HOT & THE NEXT THEY'RE ICY COLD. AND ON TOP OF THAT THERE'S ALMOST NO WATER PRESSURE, OR AT LEAST IT WAS INFINITELY VARIABLE FROM ALMOST NON-EXISTENT TO BARELY NOTICEABLE.

4-16-86

65km

I ABANDONED MY PLANS TO REACH MAIDENHEAD TODAY WHEN I REALIZED I'D HAVE TO COVER OVER 80 MILES TO GET THERE, MOSTLY IN THE RAIN.

SO I'VE STOPPED NEAR DORKING AT TANNER'S HATCH HOSTEL FOR THE NIGHT. THERE'S NO FIRE-

17,245

17,245

TRICITY, SO THERE'S A GREAT FIRE GOING & GAS LANTERNS SUPPLY ALL THE LIGHT. OF COURSE THERE'S NO HOT WATER FOR SHOWERS, BUT THAT'S A FAIR TRADE-OFF FOR A NICE OLD PLACE LIKE THIS. EVEN DRAGGING MY BIKE A COUPLE HUNDRED YARDS IN THE MUD WAS WORTH IT.

4-17-86

65km

I GOT OFF TO A FAIRLY EARLY START, 8:30, BUT IT WAS AFTER 9:00 ~~BEFORE~~ BEFORE I MADE IT TO THE ROAD, AFTER HAVING TO SLOG ABOUT A QUARTER MILE IN MUD UP TO ABOUT A FOOT DEEP.

I ARRIVED IN MAIDENHEAD AROUND ONE TODAY; SAW THE SOUNDING ARCH & THE OLD HOUSE (THOUGH I DON'T KNOW WHICH ONE WAS OURS) BEFORE TRYING TO FIND DICK & BEN'S.

BEING HERE IS A REAL TREAT IN PART BECAUSE OF THE GREAT HOUSE, & IN PART BECAUSE OF BEN'S WAY WITH WORDS, SAYING THINGS LIKE "FACE FLANNEL" FOR WASHCLOTH & COMMENTING THAT THUNDER IS CONSIDERED "ANGELS HAVING COLON".

THE HOUSE IS A TRIP: LEADED GLASS WINDOW

17,245

330

PANES, A GRANDFATHER CLOCK DATING BEFORE 1690 - IT ONLY HAS ONE ARM BECAUSE THE 2ND ARM WAS NOT ADDED TO CLOCK'S UNTIL AFTER THAT TIME.

THEY ALSO HAVE A COLLECTION OF WOODEN POT LIDS WITH DIFFERENT CERAMIC PAINTING IN THEM. THE LIDS WERE ORIGINALLY USED TO COVER SHALLOW CONTAINERS OF "FOMADE (3:SP)", A DRESSING FOR WIGS USED IN OLDEN DAYS.

I CERTAINLY ADMIRE DICK & FEN. THEY'VE BEEN LIVING A LIFESTYLE FOR YEARS NOW THAT I DECIDED A COUPLE OF YEARS AGO WOULD BE BEST FOR ME. INSTEAD OF FEELING THAT THEY NEED TO MAKE MORE MONEY, THEY MAKE THE MOST OF WHAT THEY HAVE.

WHEN I SHOWED UP TODAY THEY HAD JUST ARRIVED FROM THEIR QUARTERLY SHOPPING TRIP TO THE WHOLESALE'S WITH A MULTITUDE OF CASE GOODS & GALLON JARS OF PICKLES, ETC... THEY'VE REALLY DEVELOPED IT INTO AN ART AS SOME THINGS THEY ONLY BUY ONCE A YEAR WHILE THEY'RE IN SEASON.

17,245

331

PLUS I'M SURE THEY MUST RAISE A LOT OF THEIR VEGETABLES IN THE GREENHOUSE; THEY JUST DON'T SEEM TO WASTE ANYTHING.

AND THEY SAVE ONE OTHER THING THAT'S PROBABLY THE KEY TO THEIR LIFESTYLE BEING SUCCESSFUL; THEIR LIVES SO FULL: FRIENDSHIPS. THEY HAVE FRIENDS ALL OVER THE WORLD THAT ENABLE THEM TO TRAVEL ALMOST EVERY YEAR; THAT SPICE UP THEIR LIVES WHEN THEY HAVE GUESTS.

I JUST CAN'T GET OVER HOW THEY MAKE IT ALL WORK, BUT IT'S REFRESHING TO SEE A COUPLE THAT ARE SATISFIED WITH WHAT THEY HAVE, ¹ RATHER THAN ALWAYS WANTING SOMETHING MORE OR BETTER.

4-18-86

No Km's

YESTERDAY, WHILE TRAVELLING THROUGH WOKING, I REALISED THAT I HAD FORGOTTEN TO PICK UP MY HOSTEL CARD BEFORE LEAVING, ^{TANNER'S HATCH} BECAUSE THE WARDEN WAS LATE; HAD TAKEN THE KEY WITH HIM WHEN HE LEFT LAST NIGHT. AT THAT TIME IT WAS 20 MILES BACK + THE SLOG THRU THE MUD, SO I DECIDED

(17,245) 331

TO FETCH IT BY TAKING THE TRAIN TODAY.
SO I'M ON MY WAY TRAVELLING ON A "CHEAP
DAY RETURN" FARE FOR £4.70 (ABOUT £7.25) WHICH
IS LESS THAN A NEW CARD'S PICTURE WOULD
COST; NO MORE THAN GOING BACK; HAVING
TO SPEND THE NIGHT AGAIN (£2.30 + FOOD FOR
A DAY).

OF COURSE BEN WAS THOUGHTFUL ENOUGH TO
PACK A CHEESE SANDWICH FOR ME; DICK DROVE
US TO WINDSOR TO CATCH THE TRAIN. DICK WAS
EVEN ASKING ME IF I NEEDED MONEY; OFFERING
TO PAY THE TRAIN TICKET.

I HAVE NO IDEA WHEN I'LL GET BACK TODAY.
I IMAGINE I'LL ARRIVE AT CLAPHAM JUNCTION
AROUND 11 AM; THEN I'LL HAVE TO CATCH AN
OTHER TRAIN TO ECKHILL STATION, SO I'LL GET
THERE AROUND NOON. THEN THERE'S A TWO OR
THREE MILE HIKE TO THE HOSTEL, THOUGH I
MAY HAVE TO WAIT THERE 'TIL 5 PM IF MY
CARD IS STILL LOCKED UP; NOBODY HAS THE KEY.
THEN I'LL GO THROUGH THE SAME ROUTINE IN
REVERSE; I'LL EITHER GET BACK AROUND

(17,245) 331

3:30 OR 4:00 OR AROUND 8:00 OR SO
AT NIGHT.

I WAS LUCKY ENOUGH TO BE ABLE TO GET MY
CARD RIGHT AWAY WHEN I ARRIVED AT THE HOSTEL
AS GRAHAM HAD LEFT THE KEYS ^{W/} PETER, PATTI, & EMMA.

I GUESS GRAHAM HAD JUST FINISHED YELLING
AT EVERY BODY FOR LETTING THINGS GET SO MESSED
UP, SO I JUST ATE MY CHEESE SANDWICH & PUSHED
OFF AGAIN. IT'S A GOOD THING, & AS I ARRIVED BACK
AT THE STATION JUST A FEW MINUTES BEFORE THE
TRAIN BACK. WITH LUCK I'LL MAKE IT BACK TO WINDSOR
IN TIME TO BE PICKED UP FOR TEA & BISCUITS.

I MANAGED TO MESS ^{UP} A FEW PHONE CALLS TO
DICK, BUT HE FINALLY CAME; PICKED ME UP
~~AND~~ AT THE STATION.

BACK HOME, BEN HAD BOUGHT A PIZZA ESPECIALLY
FOR ME (IT HAD CORN ON IT, BUT WAS QUITE GOOD)
& MADE SURE THAT I CAUGHT UP ON THE TEA
I'D MISSED EARLIER. SHE ALSO & INSISTED THAT
I TAKE TEN POUNDS TO COVER THE DAYS EXPENSES

17245

B32

! TOLD ME IT WAS SENSELESS TO REFUSE. I WAS TOO DUMBFOUNDED TO DO THAT, THOUGH I FEEL AWKWARD ABOUT ACCEPTING THE MONEY.

I COULD HANG AROUND FOR THE QUEEN'S 60TH BIRTHDAY PARTY IN WINDSOR (THE 21ST, I THINK), BUT THE CROWDS WON'T BE WORTH THE HASSLE. STILL, THERE WERE NEW BANNERS HUNG & GRAND STANDS BEING ERECTED WHILE I WAS THERE TODAY IN PREPARATION FOR THE BIG EVENT.

DICK & BEN TOLD ME THEIR HOUSE WAS BUILT AROUND THE TURN OF THE CENTURY & WAS ORIGINALLY A COACH HOUSE. THE LIVING ROOM USED TO BE THE GARAGE WITH A BIG PIT IN IT SO THAT CARS COULD BE WORKED ON & THE KITCHEN & BREAKFAST ROOM USED TO BE A STABLE.

THEY ALSO BROUGHT OUT THEIR PHOTO ALBUM FOR THE LAST 25 YEARS OR SO, & IT PROVED THE SINCERITY OF THE REMARK THAT BEN MADE YESTERDAY, THAT "THE BEST THING THAT EVER HAPPENED IN (THEIR) LIVES WAS WHEN (OUR) FAMILY MOVED RIGHT NEXT DOOR." AT LEAST HALF THE PHOTOS SEEMED TO BE OF VARIOUS MEMBERS OF THE FAMILY. I FELT AS THOUGH I WAS LOOKING

(ADDRESS) 17245 = 17245 : 17245
17245 + 17245 = 34490

17335

B33

AT A FAMILY ALBUM & THEY WERE LIKE GRANDPARENTS.

4426

90km

BEN PACKED A LUNCH & DICK PHONED JOYCE & GEORGE & I WAS ON MY WAY AGAIN. I PASSED QUITE A BIT OF NICE SCENERY ON THE WAY TODAY, BUT NOTHING THAT WARRANTED STOPPING LONG.

I ARRIVED IN TOWN AROUND 2:30 ^{PM} THANKS MOSTLY TO DICK'S DIRECTIONS I WAS ABLE TO PEDAL RIGHT TO THE DOOR.

EVERYBODY WAS GONE WHEN I PULLED UP & AT FIRST JOYCE'S MOTHER WOULDN'T ANSWER THE DOOR, BUT FINALLY CAME TO THE SIDE DOOR AFTER ABOUT 20 MINUTES.

GEORGE SHOWED UP SHORTLY AFTER THAT WITH DOG ~~6:00~~ & SHORTLY THEREAFTER WE WENT INTO TOWN TO PICK UP JOYCE & CAROL.

GEORGE FINALLY HAS RETIRED & SAYS HE'S ENJOYING IT, BUT HE STILL DOESN'T HAVE MUCH TIME AS HE'S GOT "OTHER THINGS" TO KEEP HIM BUSY.

I'M NOT SO SURE HOW GOOD HIS HEALTH IS AS HE LOOKED QUITE PALE AFTER RETURNING FROM PICKING UP FISH & CHIPS. JOYCE LATER SAID

ADJUSTMENT: $10,245 = 16,495 \text{ km}$ (Not $16,230 \text{ km}$),
SO TOTAL ADJUSTED + 265 km

17,600 333

IT WAS TROUBLE WITH HIS PROSTATE.

(4-20-86) No km's

I DOUBLECHECKED MY CONVERSION TO MILES TODAY BECAUSE WHEN I CONVERTED BACK FROM KILOMETERS, MY TOTAL WAS TOO CLOSE TO WHAT IT WAS WHEN I LEFT. I FOUND A DISCREPANCY OF 265 km , MOSTLY DUE TO MULTIPLYING BY 1.6 INSTEAD OF 1.61 WHICH IS MUCH MORE ACCURATE SINCE $100 \text{ km} = \text{APP } 62 \text{ miles}$.

IT HADN'T BEEN AN EXCITING DAY. DOUG & CAROL STAYED FOR DINNER (ROAST BEEF & YORKSHIRE PUDDING, OF COURSE - GOOD STUFF!)

AFTERWARD PETER & JOYCE, JOYCE & GEORGE'S FRIENDS CAME OVER TO SPEND THE DAY.

THERE WAS A CARD HERE FOR ME FROM BEN VAN ESVELD WHEN I ARRIVED. HE'LL BE IN GERMANY AROUND THE LAST OF MAY, SO I'LL TRY TO PLAN THINGS TO ARRIVE IN AMSTERDAM AROUND JUNE 1ST.

I NEEDED TO FIGURE OUT HOW MUCH TIME IT WILL TAKE TO REACH MIKE'S FROM STOCKHOLM IN ORDER TO BETTER DETERMINE HOW SOON I

17,600 334

SHOULD PLAN ON BEING IN AMSTERDAM.

(4-21-86) No km's

A MUCH MORE PRODUCTIVE DAY TODAY. GEORGE & I STARTED OUT AT THE AUTOMOBILE CLUB LOOKING FOR MAPS FOR THE REMAINDER OF MY JOURNEY THROUGH ENGLAND, & THOUGH WE DIDN'T PICK ANYTHING UP TODAY, I THINK I'LL GET A LARGE AUTO ATLAS AS IT SEEMS TO BE THE BEST COMPROMISE BETWEEN DETAIL & COST.

NEXT WE VISITED CAMBRIDGE & HAD A LOOK AROUND THE UNIVERSITIES & SAT OUT THE RAIN HAVING LUNCH AT AUNTIE'S TEA ROOM BEFORE COMPLETING OUR TOUR.

WE ALSO CHECKED OUT A FEW SUPERMARKETS TO GET AN IDEA OF WHAT THEY CARRIED.

I DISCOVERED A FEW THINGS I'D LIKE TO SEE WHILE I'M ROAMING THE COUNTRY: AN EIGHT SAILED WINDMILL NEAR GRANTHAM, WHERE I'LL BE WEDNESDAY NIGHT, & A BIZARRE "BRIDGE" IN NEWPORT THAT TRANSPORTS

ADDITIONAL: 10.45 = 10.45 km (but 10.45 km)
So total 10.45 km + 26.5 km

17,720 336

CARS ACROSS THE RIVER ON A PIECE OF ROAD-
WAY THAT IS SUSPENDED ON LONG CABLES
ATTACHED TO A MECHANISM IN THE "BRIDGE"
WHICH PIVERS THE ROADWAY TO THE OPPOSITE
SIDE OF THE RIVER:



I ALSO DISCOVERED AN INTERESTING
COVERED BRIDGE IN BATH. I SEEM TO
HAVE FORGOTTEN WHERE ANY OTHER INTER-
ESTING SIGHTS ARE. THOUGH I'LL CHECK
UP ON THEM AGAIN BEFORE I LEAVE.

4-23-86 120 km

I FORGOT TO MENTION THAT WHILE GEORGE
& I WERE WALKING THROUGH CAMBRIDGE ON
MONDAY THAT WE RAN INTO A GIRL I MET
IN LUXEMBOURG. SHE WAS ATTENDING SCHOOL
AT THE UNIVERSITY, BUT I WAS UNAWARE OF THAT.
IT'S A SMALL WORLD.

YESTERDAY (TUESDAY) GEORGE & I VISITED THE
WINDMILL AT STEVINGTON. HAD A LOOK AROUND.

IT WAS A POST TYPE MILL VERY MUCH LIKE THE
ONE I SAW AT DIEST. WE WERE ABLE TO
TAKE A LOOK INSIDE AFTER PICKING UP THE KEYS
AT THE LOCAL PUB.

WE ALSO VISITED THE AIR MUSEUM AT OLD
WARDEN. GOT A CHANCE TO LOOK AT A FEW
OLD BICYCLES AS WELL. WE TRIED GOING
PAST THE AIRFIELD AT CARDINGTON IN HOPES
OF SEEING ONE OF THE EXPERIMENTAL AIRSHIPS
(BLIMPS, DIRIGIBLES), BUT IT WAS TOO WINDY.
STILL THE HUGE HANGARS & TETHERING MAST
WERE PRETTY IMPRESSIVE.

JYKE COOKED UP A SHEPHERD'S PIE (MINCE
MEAT COVERED WITH MASHED POTATOES) THAT
WAS PRETTY TASTY FOR DINNER.

SHE ALSO WENT SHOPPING FOR SOME GOODIES
FOR ME TO TAKE WITH ME: PEANUT BUTTER, JAM,
BREAD, CREAM CRACKERS, BOYBON BISCUITS, CREAM
FILLED BISCUITS, CHOCOLATE/HAZELNUT SPREAD, TWO
TYPES OF MEAT SPREAD, & THREE SANDWICHES.

TODAY WAS NOT EXCITING. I ^{Passed} ~~Passed~~ BY TWO
OLD WINDMILLS, BOTH TOWER-TYPE, WHICH WERE

17,805 337

IN RUINS, THAT WAS ABOUT ALL OF THE
SIGHTSEEING.

I HIT AN HOUR OR SO OF RAIN AROUND
MID-AFTERNOON, OTHER THAN THAT THE RIDING WAS
O.K.. I NEVER SAW THE TEMPERATURE GET
HIGHER THAN 52° (AND THAT FELT WARM).

4-24-86 85km

ANOTHER MORNING OF RAIN, BUT IT WASN'T
BAD THANKS TO THE BREAD LOAF BAG THAT BEN
GAVE ME THAT KEPT MY FEET DRY.

FOR THE MOST PART IT'S BEEN A BORING DAY WITH
VERY LITTLE SIGHTSEEING TO DO, THOUGH THE SCENERY
WAS GETTING BETTER TOWARDS THE END OF THE DAY.

I PASSED THE NAT'L TRAMWAY MUSEUM TODAY;
WOULD HAVE LIKED TO HAVE SEEN IT (IF IT WASN'T TOO
EXPENSIVE), BUT IT WAS CLOSED. IT LOOKED PRETTY
INTERESTING, WITH NUMEROUS DOUBLE-DECKER
TRAMS & AUTHENTIC STREET BUILDINGS ALONG
THE TRAM ROUTES.

IT'S STARTED TO GET A BIT HILLIER TODAY.
I HAD TO HAVE CLIMBED AT LEAST HALF A DOZEN
HILLS OF VARYING LENGTH WITH GRADES OF 15% OR

17,840 338

MORE. I CYCLED UP ONE INCREDIBLY STEEP,
INCREDIBLY LONG HILL (OR AT LEAST IT SEEMED
THAT WAY - IT WAS AT THE END OF THE DAY) IN
SEARCH OF A "STONE CIRCLE", SOME SORT OF ANCIENT
MONUMENT. I DIDN'T FIND IT WHEN I GOT TO
THE TOP, SO I TOOK A PICTURE OF AN EWE &
HER LAMBS INSTEAD. HALFWAY DOWN THE HILL,
OF COURSE, I FOUND SIGNS LEADING TO THE
MONUMENT, BUT BY THAT TIME I WAS NO LONGER
INTERESTED.

I'M STAYING AT THE HOSTEL IN ELTON TONIGHT
(\$2.30 - NO SHOWERS). I'M GLAD IT'S CHEAP, CAUSE
THE PLACE IS COLD & THE WARDEN'S NOSEY.

42586 85 Km

GOD, WHAT A BEAUTIFUL DAY! OR IN THE
WORDS OF THE BRITS "ISN'T IT GLORIOUS?"
MY FIRST MOSTLY SUNNY DAY IN EUROPE, & THE
TEMPERATURE EVEN GOT UP ABOVE 60°, THOUGH
NOT BY MUCH.

I GOT OUT OF THE HOSTEL ASAP, BUT NOT
BEFORE COLLECTING THE ADDRESS OF A YOUNG
COUPLE WHO LIVE NEAR AACHEN (I DOUBT IF

(17840)

238

I'LL USE IT.)

THE HOSTEL WARDEN REALLY BUGGED ME. SHE WAS NICE ENOUGH, BUT SHE WAS NOSEY & A BIT STUPID, TO PUT IT KINDLY. SHE'S THE ONLY WARDEN I'VE KNOWN TO ENTER THE DORMS AT ANY TIME. SHE DID IT AT 10 PM. MAYBE SHE WAS HORMY? - WHAT A DISGUSTING THOUGHT. YOU NEVER KNOW, THOUGH, I DID FIND A BRA IN MY BUNK THAT HAD THE GAMEY SMELL TO IT THAT SHE HAD.

THE WOMAN WAS NUTS, TOO. IN ROOM ABOUT 15'x15' SHE HAD A SINGLE 36" RADIATOR FOR HEATING. SAID THE ROOM STAYED COLD BECAUSE I WAS BLOCKING THE HEAT (NEVER MIND THE CONCRETE FLOOR OR DRAFTY WINDOWS). THE HOSTEL IN HATHERSAGE, WHERE I'M AT TONIGHT THEY HAVE A 96" DOUBLE RADIATOR TO HEAT A 12'x12' ROOM. THE WOMAN'S OUT OF HER TREE.

I HAD A PRETTY LAZY DAY. I STOPPED NEAR YOLGREAVE AT A BENCH ON A SOUTH FACING HILLSIDE. TRIED & TIGHTENED MY SPOCKES.

(17840)

338

ONCE AGAIN ADJUSTED MY REAR BRAKE WHILE ENJOYING THE SUN.

FROM THERE I VISITED LATHKILL DALE WHICH WASN'T TOO UNIQUE, BUT A NICE PLACE FOR LUNCH. I MET A BUS (COACH) DRIVER NAMED TOMMY. WE SWAPPED YARNS. HE TOLD ME NOT TO MISS THE SHETLAND & ORKNEY ISLANDS, BUT I THINK THEY'RE TOO DAMN FAR NORTH.

I DID MANAGE TO FIND SOME NICE SCENERY TODAY, IN FACT I FIND MORE & MORE THE FARTHER NORTH I GO. THE MAIN THING SEEMS TO BE TO STEER CLEAR OF THE LARGER TOWNS AS THEY MESS UP THE VIEW.

ONCE I GOT TO THE HOSTEL & FINISHED MY DINNER OF IRISH STEW & PEACHES WITH HOT CREAM RICE PUDDING I WENT FOR A SHORT HIKE. MORE LIKE A 1 1/2 HR SPRINT BECAUSE IT WAS CLOSE TO SUNSET, BUT IT WAS VERY ENJOYABLE. THE DALES ARE ALL VERY HAZY, PROBABLY MORE DUE TO POLLUTION THAN WEATHER. THE HAZE TURNED THE SUN A SOFT ORANGE THAT YOU COULD

(17,930) 33A

LOOK STRAIGHT AT, WHICH HOPEFULLY WILL
MAKE SOME INTERESTING PHOTOS.

I ALSO ARRIVED ON THE SCENE SHORTLY
AFTER A FUSE HAD GIVEN BIRTH. SHE WAS
TROTING ALONG WITH THE AFTERBIRTH STILL
DANGLING & DRAGGING ON THE GROUND & HER
LAMB WAS CHASING AFTER HER.

I'VE GOTTEN A BIG KICK OUT OF THE LAMBS
THE WAY THEY KICK THEIR HEELS IN THE AIR &
DASH ABOUT. IT'S A PITY I CAN'T GET CLOSE
ENOUGH FOR A DECENT PICTURE.

(4:26:26) 90km

ANOTHER BEAUTIFUL DAY!

I MET MY ROOMMATE, ANDREW TURNELL, WHEN
I AWOKE THIS MORNING. HE'S AN AUSTRALIAN
(CYCLING), WHO'S PLANNING ON TRAVELLING & WORKING
(WITH HIS WIFE) FOR A COUPLE OF YEARS. HE'S BEEN WATCHING
THE WORLD SNOOKER CHAMPIONSHIPS IN SHEFFIELD
THE LAST TWO WEEKS.

HE GAVE ME A LOT OF TIPS ON THE SCENIC &
UNUSUAL PLACES TO SEE IN AUSTRALIA THAT WILL
HELP ME AVOID THE CITIES ON THE EAST COAST

(17,930) 33A

IF & WHEN I EVER GET THERE.

HE'S PLANNING ON VISITING FRIENDS IN SPOKANE
& WORKING IN VANCOUVER, B.C. TOWARDS FALL
^{MAN:}
(HINT, HINT).

IT'S BEEN AN INTERESTING & EXHAUSTING
DAY. THE MOST ENJOYABLE PART WAS CROSSING
BROADFIELD MOORS TODAY. THERE WERE A
LOT OF LITTLE BITS OF THE RIDE THAT REMINDED
ME OF A LOT OF PLACES I'VE CYCLED.

RIDING UP HILL IN THE SUN THROUGH THE PINE
TREES REMINDED ME OF 'CYCLING NEAR NOVARA,
CA WITH DONNA & TINA, AND THE HIGH MOORS,
ESPECIALLY THE BLEAK ONES COVERED WITH
BROWN GRASS REMINDED ME OF TRAVELLING SOLO
ACROSS WESTERN COLORADO. BUT OF COURSE
MOST OF IT JUST LOOKS LIKE PARTS OF BRITAIN
THAT I'VE SEEN IN THE PAST COUPLE OF WEEKS.

I GOT REAL EXCITED WHEN I CAME
ACROSS MY FIRST SIGN-POSTED 25% GRADE HILL
WHILE CROSSING THE MOORS. IT WAS QUITE AN
EVENT AS GREAT BRITAIN IS FAMOUS FOR THESE
HILLS & EVERY TRAVELER CAN RELATE LOADS OF

17,930 339

STORIES ABOUT THEM. OF COURSE NOW,
AT THE END OF THE DAY, IT'S EASY TO SEE
WHY. I ~~CLIMBED~~ CLIMBED AT LEAST A HALF
DOZEN LONG 25% GRADES TODAY, PLUS
A LESSER NUMBER OF SHORT ONES. WITH SO
MUCH SUBJECT MATTER AVAILABLE, STORIES
WILL ABUND. OF COURSE IT'S A SHAME
THAT I HAD TO FIND OUT SO QUICKLY HOW
COMMONPLACE MY ACCOMPLISHMENT WAS.

OF COURSE AFTER COVERING ABOUT
35 MILES, DOING TWO STEEP HILLS I
(THE REST HAD TO BE EASY)
THOUGHT THAT WAS ALL FOR THE DAY, SO I
STOPPED AT SOWERBY BRIDGE, STOCKED UP
ON CHEAP GROCERIES. NATURALLY THE LAST
TWENTY MILES WERE THE STEEPEST PLUS I
ENDED UP DRAGGING AROUND ANOTHER FIVE
POUNDS OF FOOD WITH ME. I WAS DEFINITELY
COMPLETELY BAGGED WHEN I REACHED THE
HOSTEL AT EARSBY.

OH YEAH, ANDREW MENTIONED HE KNEW OF
SOMEONE WHO TRAVELED ACROSS RUSSIA VIA
TRAIN ON THE ^{TRANS-}SIBERIAN EXPRESS (IT TAKES A

17,950 340

WEEK OR SO) FOR ABOUT \$250 (AUSSIE).
A COUPLE YEARS AGO. I'LL CHECK INTO IT
WHEN I GET BACK TO MIKE'S IN AUGUST, AS
IT MAY BE A WAY TO KEEP MY 'ROUND THE
WORLD DREAMS ALIVE, THOUGH I'M NOT SURE
HOW I'D FIT IT INTO MY PRESENT PLANS.

4-27-86 20Kms

ANOTHER GOOD DAY, MOSTLY CLOUDY BUT NO RAIN.

ONE OF THE HIGHLIGHTS OF THE DAY WAS GETTING
A BLACK LAMB UNSTUCK FROM A WIRE FENCE. RIGHT
NOW I'M WONDERING IF HANDLING IT WAS A GOOD IDEA.
I DON'T KNOW IF IT MIGHT SOMEHOW UPSET THE MOTHER,
THOUGH IT SEEMS UNLIKELY SINCE SHEEP ARE DOMESTICATED.

I HAD A NICE 6 1/2 MILE HIKE TODAY AROUND
MALHAMDALE. THE AREA IS FAMOUS FOR ITS LIMESTONE
FORMATIONS, A BEAUTIFUL PAIR OF WATERFALLS
ALONG GORDALE BECK. THERE IS ALSO A 'SINK'
WHERE A STREAM DISAPPEARS UNDERGROUND,
THEN REEMERGES MILES AWAY, SOME ABANDONED
BUILDINGS LEFT OVER FROM LEAD MINING DAYS.

I'm staying at the hostel in Malham, & as usual there are very few people here, just me & three

18,015

GIRLS FROM LONDON: LIZ, NICKIE, & ZEENA. WE WENT TO A PUB IN TOWN, & AS I WASN'T FEELING TOO TALKATIVE I MOSTLY LISTENED. IT'S DIFFICULT GETTING USED TO ENGLISH HUMOR ANYWAY. IT'S NOT THAT IT ISN'T FUNNY, IT'S JUST THAT IT'S DIFFERENT SOMEHOW.

4-28-86

65 Km

THE WEATHER'S TURNED SHITTY AGAIN, IT'S BEEN COLDER, & RAINING LIGHTLY MOST OF THE DAY.

AND STICKING TO MORE OF THE MAIN ROADS HAS REDUCED THE NUMBER OF STEEP HILLS, BUT THERE ARE STILL TOO MANY OF THEM. THERE ARE TWO THINGS THAT ANNOY ME ABOUT THESE HILLS: 1) IN COLD RAINY WEATHER IT'S ALMOST IMPOSSIBLE TO GET COMFORTABLE - YOU OVERHEAT ON THE WAY UP & FREEZE ON THE WAY DOWN, & 2) CLIMBING A STEEP HILL IS A PAIN FOR OBVIOUS REASONS, BUT DESCENDING IS JUST AS BAD. THE HILLS ARE SO STEEP YOU GENERALLY HAVE TO BRAKE ALL THE WAY DOWN, SO YOU LOSE TIME BOTH WAYS. IN THE STATES YOU LOSE A LOT OF TIME GOING UP, BUT YOU MAKE SOME OF IT UP ON THE WAY DOWN.

18,115

842

I DID MY FIRST WASHING IN A "LAUNDERETTE" TODAY. I THINK I'LL MAKE A BIGGER EFFORT TO KEEP THINGS CLEAN. IT COST 80P FOR A LOAD OF WASHING, & 10P (15P) FOR ABOUT 5 MINUTES DRYING! FORTUNATELY SOAP WAS ONLY 10P. TO DO A LOAD, & NOT GET THE HEAVY COTTONS COMPLETELY DRY COST A TOTAL OF £1.30 (£1.95) WHICH IS ABOUT AS EXPENSIVE AS ANY PLACE I'VE BEEN IF I REMEMBER CORRECTLY.

I'M AT GRINTON LODGE HOSTEL TONIGHT. IT'S A FORMER HUNTING LODGE OVERLOOKING SWALEDALE. ONCE AGAIN I'M THE ONLY TENANT.

I'LL TRY TO BE ON THE ROAD NO LATER THAN 9:00 TOMORROW TO TAKE ADVANTAGE OF THE FORECAST OF SHOWERS IN THE AFTERNOON. I'LL TRY TO MAKE IT TO "ONCE BREWED" A HOSTEL NEAR HADRIAN'S WALL.

4-29-86

100 Km

A FAIRLY GOOD DAY ALL-IN-ALL, BUT IT HAD ITS MOMENTS. EARLY THIS MORNING I NARROWLY AVOIDED BEING "SHEEPWRECKED" ON A DESERTED

(18,115) 342

MOOR WHEN AN INDECISIVE SHEEP CHANGED DIRECTION SUDDENLY. I'M SURE MY SURVIVAL CAN BE CONTRIBUTED SOLELY TO EXPERIENCE GAINED THROUGH THOUSANDS OF MILES OF CYCLING. AND MAYBE A LITTLE BIT OF LUCK.

THE WEATHER'S A BIT COLDER AGAIN, BUT THE GRADIENTS HAVE BEEN EASIER SO I'VE MANAGED TO BE COMFORTABLE WITH FEWER CLOTHES BY MAINTAINING A SLIGHTLY FASTER PACE. I ALSO HAD A HEALTHY TAILWIND FOR MOST OF THE DAY.

I'M STAYING AT ONCE BREWED HOSTEL NEAR HADRIAN'S WALL. BECAUSE I MADE A WRONG TURN ON THE WAY HERE I'M REAL SHORT OF FOOD, THOUGH I'VE BEEN ABLE TO BUY A FEW THINGS AT THE HOSTEL AT FAIRLY REASONABLE PRICES.

I'M EVEN STARTING TO WONDER IF I SHOULDN'T BUY THE CANNED GOODS FOR MY EVENING MEAL AT THE HOSTEL. * JUST CARRY SOME RICE OR SOMETHING TO GO WITH IT. IT'LL SAVE ME FROM LUGGING STUFF UP STEEP HILLS. * PROBABLY FROM IMPULSE BUYING, WHICH WILL KEEP EXPENSES DOWN IN THE

(18,215) 343

LONG RUN. OF COURSE I'LL STILL KEEP MY EMERGENCY LOAF OF BREAD & JAR OF MARMALADE IN CASE I STAY AT A HOSTEL WITH BARE CUPBOARDS.

(4-30-86) (100 Km)

I'M AMAZED THAT I MADE IT THIS FAR TODAY. I DIDN'T LEAVE ONCE BREWED UNTIL 11:30 THIS MORNING BECAUSE IT WAS RAINING & BLOWING A GALE. ONCE I DID PUSH OFF I HAD AN INCREDIBLE TAILWIND FOR 10 MILES, BUT AFTER THAT I HAD MAINLY BRUTAL SIDE WINDS & STINGING COLD RAIN. I GUESS KNOWING THAT STOPPING WOULD ONLY MAKE THINGS WORSE KEPT ME GOING.

I HAVEN'T SEEN MUCH OF SCOTLAND YET. * DOUBT IF I WILL SEE AS MUCH AS PLANNED. TODAY WAS TOO SHITTY TO SEE ANYTHING. * MOST OF THE HOSTELS IN NORTHERN SCOTLAND ARE CLOSED FOR TWO MORE WEEKS.

SO I'M THINKING ABOUT SHORTENING MY VISIT * MAKING UP THE DIFFERENCE IN IRELAND. IT LOOKS AS THOUGH DOING SO WOULD BE PRETTY CHEAP - LESS THAN \$3/NIGHT FOR HOSTELS. * A 25% DISCOUNT ON THE FERRY

(18,280) 244

TO LARGE WITH MY IYHF CARD.

IM SPENDING THE NIGHT AT MELROSE, SCOTLAND WITH JERRY & CATHY, TWO AUSTRALIANS I MET A FEW DAYS AGO IN EAREBY.

I WAS A BIT SURPRISED TO FIND THAT SCOTLAND HAS IT'S OWN CURRENCY, THOUGH IT'S INTERCHANGEABLE WITH BRITISH POUNDS. I'LL HAVE TO GO LOOK FOR SOME GOODIES FOR MIKE JR AT THE POST OFFICE IN EDINBURGH.

I MANAGED TO BUY A NEW COMB (45P, HIGH QUALITY) & TEA TOWEL (£2.25, REAL CUTE - LOTS OF PUFFINS) WHILE CRUISING AROUND TODAY TO REPLACE THOSE THAT I LEFT AT GRINTON, SO I'M BACK IN ORDER AGAIN. THAT TEA TOWEL REALLY IS GREAT - I HOPE IT MAKES IT THROUGH THE REST OF MY TRAVELS SO THAT I HAVE AT LEAST ONE SOUVENIR.

EVEN BUYING THOSE THINGS I WAS JUST BARELY OVER £7 FOR THE DAY, WHICH IS MY UNOFFICIAL BUDGET.

(5-1-86) (65km)

IT'S BEEN A FANTASTIC DAY, I HAVEN'T BEEN ABLE TO ENJOY IT FULLY. I THINK I'VE HAD A BIT OF FOOD

(18,280) 245

POISONING CAUSED BY SOME ANCIENT MARG-ARINE.

I WAS FEELING SO BAD RIDING INTO TOWN TODAY THAT ON ONE OF THE OCCASSIONS THAT I STOPPED TO REST I SPENT TWO HOURS CLEANING ALL THE GREASE, SLUDGE, & MUCK FROM MY DERAILLEURS, FREE-WHEEL, & CHAIN. I EVEN TOOK MY CHAIN OFF COMPLETELY & DUG THE DIRT OUT FROM BETWEEN THE LINKS WITH A TOOTHBRUSH! AS A RESULT I ENDED UP WITH A SORE BACK IN THE EVENING, BUT IT MADE PEDALLING A ZILLION TIMES EASIER. THE ROAD TO EDINBURGH WAS PRETTY FLAT, & I WAS ABLE TO CRANK ALONG IN CLOSE TO HIGH GEAR & COVER 31 MILES IN UNDER 2 HOURS.

I GAVE GEORGE A CALL BEFORE GOING TO BED & FOUND THAT THERE WERE NO MESSAGES FOR ME. I'M AFRAID THAT THE POSTCARDS I SENT TO DONNA & MERRILL WERE SENT SURFACE MAIL BY MISTAKE BECAUSE I DIDN'T USE AIRMAIL STICKERS.

(5-2-86) (No km)

I HAVEN'T FELT MUCH BETTER TODAY DESPITE

(18,340) 340

DRINKING A BOTTLE OF PEPTO-BISMAL. I'M NO LONGER TOO SURE ABOUT MY FOOD POISONING THEORY? AM WONDERING IF IT'S NOT JUST A FORM OR SYMPTOM OF CONSTIPATION CAUSED BY EATING TOO MANY THINGS MADE OF REFINED FLOUR. I'LL TRY BUYING SOME BRAN-FLAKES OR GRANOLA FOR BREAKFAST INSTEAD OF BREAD; BUTTER; MARMALADE, WHICH I'M GETTING SICK OF.

I SORT OF STUMBLER AROUND THE CITY TODAY, FINDING IT NECESSARY TO STOP; REST OFTEN AS I USUALLY FELT SLIGHTLY NAUSEATED. BUT I MANAGED TO SEE MOST EVERYTHING. EDINBURGH IS A BEAUTIFUL CITY, BUT IT'S GETTING HARDER TO TAKE PICTURES OF BUILDINGS BECAUSE THEY ALL LOOK SO MUCH LIKE BUILDINGS IN OTHER CITIES. I DID TAKE A PICTURE OF THE CASTLE AS IT SEEMS TO BE THE SYMBOL OF THE CITY, BUT THAT WAS ABOUT ALL.

(5.3.86)

(60km)

IT'S BEEN A FAIRLY NON-DESCRIPT DAY: LOW CLOUDS, COOL; NO SPECIFIC CYCLING DESTINATION. I'VE ENDED UP IN STIRLING AT THE HOSTEL, WHICH IS PACKED

(18,405)

347

BECAUSE IT'S A THREE DAY WEEKEND.

IT'D STARTED TO RAIN SHORTLY AFTER I ARRIVED, SO I SPENT \$1.50 TO SEE THE INSIDE OF STIRLING CASTLE. I HAVEN'T GONE INSIDE ANY OF THE OTHER CASTLES I'VE SEEN BECAUSE I DIDN'T THINK IT WOULD BE WORTH IT. I PROBABLY WON'T SEE ANY OTHERS BECAUSE NOW I KNOW IT'S NOT WORTH IT.

THE ONLY OTHER THING WORTH MENTIONING IS ALL THE FRIENDLY SCOTS I'VE MET SO FAR. NORMALLY THAT WOULD BE GOOD NEWS, BUT IT SEEMS THE MORE I LISTEN TO SCOTTISH ENGLISH THE HARDER IT IS TO UNDERSTAND. OR AT LEAST IT SEEMS THAT WAY.

(5.4.86)

(65km)

GOD, STIRLING HOSTEL WAS A ZOO! KIDS RUNNING AROUND RAISING HELL; HAVING TO LINE UP TO USE A SINK OR TOILET; HAVING TO SCRAMBLE FOR A PLACE TO EAT BREAKFAST. IF TONIGHT WOULD HAVE ENDED UP LIKE THAT I'D BE OUT CAMPING TOMORROW. BUT HOPEFULLY THINGS WILL CALM DOWN AFTER THE HOLIDAYS ARE OVER. THE HOSTEL HERE AT INVERKEG SHOULD BE PRETTY QUIET TONIGHT.

I RAN INTO A GUY I MET AT STIRLING (WARDEN)

18,505 348

WHILE HE WAS HITTING ~~THE~~ HERE! SO I DECIDED TO STOP HERE AS WELL. IT'S A GOOD THING, TOO, AS THE RAIN GOT A BIT NASTY RIGHT AFTER I STOPPED. IT'S ONLY £2.20/NIGHT HERE VS. £2.95 AT THE OTHER HOSTELS NEARBY.

IT LOOKED AS THOUGH WE WOULD BE THE ONLY ONES HERE BUT FIVE CYCLISTS JUST SHOWED UP, TWO WHOM I MET AT STIRLING. ONE OF THEM HAD A BLISTERS FROM RIDING HIS BRAKE TOO MUCH ON A STEEP DESCENT, BUT WAS ABLE TO WALK DOWN THE HILL. BUY A NEW TIRE FROM SOMEONE WHO HAD JUST FINISHED A TRIATHLON. WAS PREPARING TO HEAD HOME IN HIS CAR.

5:58 100 km

IT LOOKS AS THOUGH IT'S GOING TO RAIN ALMOST ALL DAY TODAY, BUT IT'S NOT RAINING HARD. I'M IN KILCARRIGAN WAITING FOR THE FERRY TO GOURACK. I JUST MISSED ^{AN} EARLIER FERRY BY TWENTY MINUTES DUE TO A MISSED TURN DUE TO A LACK OF ROAD SIGNS WHICH TOOK ME ABOUT SIX MILES OUT OF MY WAY.

I THINK THE FERRY WILL GET TO GOURACK AROUND 1:30. THAT WILL LEAVE ME ANOTHER 45 MILES TO

18,505 348

AYR, HOPEFULLY ONLY ABOUT A FOUR HOUR RIDE. IT SHOULD BE RELATIVELY EASY AS I'LL STICK TO THE COAST WHICH HAS BEEN EXCEPTIONALLY FLAT (AT LEAST THE ROADS ARE) SO FAR.

THE FERRY TO GOURACK WAS GREAT! IT'S A TINY LITTLE STEAMER BUILT IN 1936, THE "HOTOSUR II". IT CAN ONLY SEAT A COUPLE OF DOZEN PASSENGERS INSIDE.

THE GANGPLANK WAS REAL NARROW. MY BIKE BARELY MADE IT, IN FACT ONE OF THE CREW HAD TO PUSH WHILE I PULLED. WE HAD TO LASH IT TO A RAILING BY THE WHEELHOUSE ONCE IT WAS ABOARD. THERE WAS JUST THAT ONE SHORT PIECE OF ROPE KEEPING IT FROM PLUNGING INTO THE BRINY DEPTHS WHICH WAS A GENUINE CONCERN DURING THE SHORT BUT ROUGH PASSAGE.

I GOOFED ABOUT AYR: THE HOSTEL ISN'T OPEN ON MONDAY'S, SO I'M GOING TO WHITING BAY ON ARRAN ISLAND WHICH IS THE NEXT CLOSEST ^{HOSTEL} ~~UNFERT~~. UNFORTUNATELY IT'S A SIMPLE HOSTEL (NO SHOWERS) I NEED A SHOWER BADLY.

(18,575) 244

I MADE^{IT} WHITING BAY O.K. I WAS TOTALLY SOAKED WHEN I REACHED THE FERRY TERMINAL IN ARDROSSAN; HAD TO WAIT (WET) FOR TWO HOURS IN AN UNHEATED ROOM BEFORE BOARDING. LUCKY I DROD OFF PRETTY WELL ON THE ONE HOUR CROSSING. IT WAS BEGINNING TO CLEAR AS I REACHED ARRAN ISLAND.

(5-6-86)

(70 Km)

I'M A LITTLE BIT CONCERNED ABOUT HOW THINGS HAVE BEEN GOING LATELY, WHICH IS NOT SO GOOD (BUT NOT SO BAD EITHER). THINGS HAVE BEEN SORT OF HAPPENING; I RARELY HAVE ANY DIRECTION OR GOAL. IT SEEMS TO BE CREATING AN UNSETTLED FEELING IN ME.

FOR A WEEK NOW I'VE BEEN IMAGINING FROM TIME TO TIME THAT I DON'T FEEL WELL. AND SEEING THE SIGHTS DOESN'T APPEAL TO ME AS MUCH. AND IN GENERAL I JUST CAN'T GET INTO THE GROOVE; I CAN'T FIGURE OUT WHY.

THE LACK OF ATMOSPHERIC CLARITY (FOR LACK OF A BETTER TERM) HAS BEEN DISTRESSING. IT'S BEEN SO HAZY THAT MOST PHOTOGRAPHS AREN'T

(18,575) 244

TOO GREAT UNLESS TAKEN AT CLOSE RANGE, SO I'M NOT GETTING MANY PHOTOS.

I NOTICE A CERTAIN AMOUNT OF EMPTINESS IN TRAVELING ALONE NOW. NOT LONELINESS, BUT A FEELING OF ONLY HAVING TWO DIMENSIONS, OF MISSING DEPTH THAT COULD COME FROM SHARING MY EXPERIENCES WITH SOMEONE ELSE.

I SUPPOSE IT RELATES TO THE OLD ARGUMENT OF "IF A TREE FALLS IN A DESERTED FOREST, DID IT MAKE ANY SOUND?"; IF STEVE MARQUE CYCLED THROUGH EUROPE; NEVER SHARED MORE THAN A FEW HOURS ~~WITH ANYONE HE MET~~ WITH ANYONE HE MET, DID HE MAKE ANY DIFFERENCE? I GUESS THAT KIND OF FUZZY THINKING IS PRETTY INCLUSIVE OF MY STATE OF AFFAIRS RIGHT NOW.

THE WEATHER OF COURSE IS A PROBLEM. WHO WANTS TO SIGHTSEE IN THE RAIN OR WHO WANTS TO RIDE IN IT? I SUPPOSE SIGHTSEEING IN A MUSEUM FOR INSTANCE WOULDN'T BE TOO BAD IF ONLY I DIDN'T HAVE TO BOTHER WITH WHERE TO HIDE MY BIKE / GEAR.

I SUPPOSE I SHOULD RESIGN MYSELF NOT TO

(18,575)

350

FRET SO MUCH ABOUT THESE THINGS. THE WEATHER HAS TO GET BETTER SOME TIME; AS MORE PEOPLE GO ON VACATION, I'LL FIND PEOPLE TO RIDE WITH; I MAY FIND BETTER CONDITIONS FOR VIEWING THE SCENERY IN SCANDINAVIA AT LEAST, IF NOT OTHER COUNTRIES.

BUT FRET I DO, IN DIFFERENT FORMS.

I GUESS ONCE I GET TO BEN'S HOUSE IN JUNE THAT I'LL JUST GO AT WHATEVER PACE FEELS COMFORTABLE. INSTEAD OF BUZZING AROUND TRYING TO FIT INTO A CERTAIN TIMETABLE. THAT WAY IF I'M HALFWAY ACROSS AUSTRIA WHEN I WANT TO SEE MIKE; ILONA I'LL JUST HOP A TRAIN TO B.K. WHEN I'M DONE THERE JUST RETURN TO WHERE I CAUGHT THE TRAIN & CONTINUE ON. IT'S THE ONLY CHANCE I HAVE OF DOING EVERYTHING I WANT TO DO WITHOUT STAYING HERE FOR YEARS.

(5-7-86)

(No Km's)

I STARTED THE MORNING IN A RATHER DISGRUNTLED MOOD. I GOT EARLY & DRIED THE CLOTHES I WASHED YESTERDAY ONLY TO HAVE MY PANTS TOTALLY SOAKED AFTER WALKING A FEW BLOCKS IN HEAVY RAIN. BUT THAT

(18,575)

350

REALLY JUST CREATED A REFERENCE POINT FROM WHICH THE REST OF MY DAY COULD IMPROVE.

I SLEPT TERRIBLY LAST NIGHT DUE TO MID-BACK (DORSAL) PAIN WHICH HAS BEEN BUILDING FOR QUITE SOME TIME DUE TO THE LOUSY BEDS IN HOSTELS. THAT'S ONE MORE REASON TO BE EAGER FOR BETTER WEATHER SO I CAN SLEEP ON FIRM GROUND.

I WAS LUCKY ENOUGH TO FIND A BOOK, "HOW TO HELP YOUR BAD BACK 'DISC TROUBLE'", WHICH HAS GIVEN ME SOME CONSTRUCTIVE ANSWERS ON WHAT TO DO TO CORRECT THE PROBLEM, SO I'LL DO MY BEST TO STICK WITH ITS EXERCISE PLAN. ALSO EAT A MORE BALANCED DIET WHICH MIGHT ALSO BE PART OF THE PROBLEM.

ANYWAY, THE RAIN KEPT ME IN AVE TODAY WHICH IS A GOOD THING SINCE THE WEATHER WAS FAR WORSE THAN THE FORECAST.

IT'S PRETTY HARD TO STAY WARM & DRY DURING THE SEVEN HOURS THAT THE HOSTEL IS CLOSED, BUT SHOPPING FOR BOOKS, BRAKE SHOES (\$5.70/SET), FOOD PLUS SEEING "JAGGED EDGE" & QUAFFING A PINT OR TWO OF ALE MADE IT PASS QUITE NICELY,

18,975

351

THOUGH I HOPE I DON'T HAVE TO SIT OUT ANOTHER DAY HERE.

58.86

No Kms

I SLEPT MISERABLY LAST NIGHT DUE TO BACK PAIN DESPITE SLEEPING WITH MY MATTRESS ON THE FLOOR.

I WAS AT A BIT OF A LOSS AS TO WHAT TO DO ABOUT IT. IT SEEMED REST, /OR MEDICAL TREATMENT WERE NECESSARY, SO STAYING AT THE HOSTEL, BEING KICKED OUT FOR SEVEN HOURS EVERY DAY WAS NOT A GREAT IDEA. AND STAYING AT A B+B FOR \$7.50/DAY^(OR MORE) WOULD'VE GOTTEN EXPENSIVE REAL FAST. SO I'M ON BOARD THE "NORTHERN IRISHMAN" HEADING BACK TO JOYCE, /GEORGE'S.

THE TRAIN COST £45.50 (OUCH!), BUT IT'S UNDOUBTEDLY CHEAPER IN THE LONG RUN. IF I DO NEED TO SEE A DOCTOR, I'M SURE JOYCE, /GEORGE CAN HELP WITH THAT.

ANYHOW, AFTER FIVE HOURS IN THIS NICE PADDED TRAIN SEAT MY BACK FEELS MUCH BETTER, SO HOPEFULLY A BIT OF REST, /SOME CONDITIONING EXERCISES WILL GET ME BACK ON THE ROAD

18,575

351

IN A WEEK OR TEN DAYS.

I THINK NO MATTER WHAT I'LL SEE A CHIROPRACTER ONCE I GET BACK TO THE STATES, /MAKE SURE I ALLEVIATE THIS PROBLEM ONCE, /FOR ALL. IT'S BEEN A REAL BITCH.

I HAD A HELL OF A TIME ONCE I GOT TO LONDON. I JUST MISSED AN "INTERRAIL 125" TRAIN (THE ONLY ONES MY BIKE IS ALLOWED ON), /HAD TO WAIT 1 1/2 HRS FOR THE NEXT ONE ONLY TO BE GIVEN A LOT^{of} BULLSHIT ABOUT WHY I COULDN'T GET ON IT. THE ONLY REAL REASON I COULD SEE FOR NOT BEING ALLOWED ON IS THEY SIMPLY DON'T LIKE CYCLISTS, AS THERE WAS ROOM ON THE TRAIN DESPITE ALL THEIR CRAP. SO I HAD TO WAIT TWO MORE HOURS, /GEORGE ENDED UP PICKING ME UP AT MIDNIGHT.

WHILE I WAS WAITING FOR THE TRAIN I WAS AMUSING MYSELF (/TRYING TO STAY AWAKE) BY RIDING MY BIKE AROUND IN CIRCLES ON THE PLATFORM, /DUE TO MY OVERSIZE PEDALS, /LONG TOE CLIPS GOT MY FENDER JAMMED BETWEEN MY FOOT, /THE WHEEL, /FEEL OVER (SEEMINGLY IN SLOW MOTION) ON TO MY

18,575

352

SIDE. THE FENDER WAS DESTROYED SO I TOOK IT OFF; ^{THREW} ~~THREW~~ IT AWAY. I'D HIT IT WITH MY FOOT A NUMBER OF TIMES BEFORE; IT WAS ALREADY CRACKED, CHIPPED & GLUED TOGETHER. I GUESS IT'S THAT MUCH LESS WEIGHT TO CARRY.

59.86

No Km's

MY BACK FELT FINE WHEN I AWOKE (AFTER A GREAT NIGHT'S SLEEP). THE ORTHOPEDIC MATTRESS WAS EVIDENTLY VERY HELPFUL.

I COULD STILL NOTICE A VERY SLIGHT AMOUNT OF DISCOMFORT AFTER I GOT UP; DECIDED TO HAVE GEORGE CALL A CHIROPRACTOR FOR ME, SO I'VE GOT AN APPOINTMENT ~~TO~~ SET FOR WEDNESDAY AT 2:00PM.

I THOUGHT **I** COULD NOTICE A SLIGHT "BULGE" IN MY SPINE WHERE THE PAIN WAS LOCATED & THAT BULGE SEEMS TO BE GONE, SO I'VE BEEN DOING SOME STRETCHING EXERCISES THAT ARE RECOMMENDED IN A BOOK I BOUGHT IN AVR. BUT I'M LOOKING FORWARD TO SPEAKING WITH THE DOCTOR TO GET ON A DEFINITE CORRECTIVE TREATMENT IF IT DOESN'T MEAN STAYING AROUND HERE TOO LONG.

I AT LEAST WANT TO KNOW THE PROSPECTS FOR

18,575

352

RECURRENCE DURING THE REMAINDER OF MY TRIP; WHAT STEPS I CAN TAKE TO REDUCE SUCH A RISK.

GEORGE; I WENT INTO TOWN TODAY; I'VE TAKEN MY BIKE INTO MICHAEL'S CYCLES TO HAVE THE HEADSET REPACKED; ADJUSTED; TO HAVE MY REAR WHEEL TRUED.

I'VE BEEN REASSESSING MY EQUIPMENT NEEDS AS I'VE DECIDED I'LL GIVE NORWAY; SCANDINAVIA A MISS; HEAD SOUTH FOR A NICE WARM (OR EVEN HOT) SUMMER. IT SEEMS I CAN PROBABLY TRIM THINGS BY AT LEAST 7 1/2 POUNDS + 3 lbs FOR THE FRONT PANNIERS. PLUS SWITCHING SLEEPING BAGS WILL SAVE AT LEAST 2 1/2 lbs; CARRYING FEWER BOOKS & FOOD WILL SAVE A POUND OR TWO.

THAT'LL PUT MY TOTAL LOAD BETWEEN 55-60 lbs (BIKE & ALL) VS. 70-75 lbs THAT I'VE BEEN TOTIN' AROUND FOR A YEAR NOW.

IT'LL MAKE KEEPING AN EYE ON MY GEAR WHILE CAMPING EASIER AS I CAN FIT THE TWO REAR PANNIERS IN THE TENT WITH ME. I'LL CARRY MY TENT & SLEEPING BY STRAPPING THEM TO THE

18,575

352

FRONT LOAD-RIDER RACKS. I'M ALSO CONTEMPLATING MAKING A SPECIAL STRAP ^{FOR} MY REAR RACK USING A FASTEX BUCKLE SO THAT I CAN GET MY GEAR ON / OFF THE BIKE FASTER.

THE EVOLUTION OF MY GEAR STILL FASCINATES ME, BUT I SUPPOSE DIFFERENT CLIMATE / TERRAIN CONSTANTLY BRING ABOUT CHANGES IN PRIORITIES OF CERTAIN EQUIPMENT / THE CONTINUOUS SHUFFLE IS INEVITABLE. AND FUN. IT KEEPS YOU THINKING CONSTANTLY / HAVING EVERYTHING IN EASY REACH DOES WONDERS FOR MORALE AS WELL.

HEADING SOUTH WILL MEAN VISITING MIKE / IOWA MAY BE IMPOSSIBLE, BUT I THINK I'LL BE READY TO RETURN TO THE STATES BY LATE SEPTEMBER (OR AT LEAST THAT'S WHEN I SHOULD BE READY TO LEAVE GREECE) / I MIGHT TRY FLYING TO LUXEMBOURG (SO I CAN VISIT THEM) / THEN TO ICELAND (FOR A FEW DAYS OR A WEEK) / THEN ON TO FLORIDA. IF I LEAVE GREECE SOONER I MAY CATCH A BOAT TO VENICE / CYCLE TO MIKE'S FROM THERE / FLY OUT OF LUXEMBOURG BACK TO THE STATES (AGAIN VIA ICELAND).

18,575

353

5-10-86

No Kms

I FORGOT TO MENTION YESTERDAY THAT I GOT A HAIRCUT FOR ONLY \$2.60 / THAT I EXCHANGED SOME MONEY. I ONLY GOT \$1.60 PER POUND + THERE WAS A 2% SERVICE CHARGE.

I WENT TO TOWN WITH JOYCE TODAY / LOOKED AROUND FOR SOME COOS / ENDS THAT I'LL NEED WHEN I SWITCH OVER TO LIGHT, WARM-WEATHER TOURING, BUT WITHOUT MUCH LUCK. IF I CAN FIND A PAIR OF LIGHTWEIGHT PANTS, I'LL PROBABLY REPLACE MY HEAVY COTTON PANTS TO SAVE WEIGHT / REDUCE BULK. IT'S ALWAYS BEEN A PAIN DROPPING THEM ANYWAY. PERHAPS I CAN FIND A PAIR OF EAST INDIAN STYLE MUSLIN PANTS. THEY SHOULD BE PRETTY CHEAP.

SAURDAY NIGHT IS SUPPOSED TO BE FISH / CHIPS NIGHT AROUND HERE, SOE IT'LL BE INTERESTING TO SEE IF MY BEING HERE UPSETS THE ROUTINE. I LIKE FISH / CHIPS, BUT I'D LIKE A CHANCE TO TRY SOME OTHER 'BRITISH' FOODS AS WELL, LIKE STEAK / KIDNEY PIE OR ANYTHING ELSE FOR THAT MATTER.

I JUST HAD A BIT OF A SNAKE. IT'S ABOUT 9:30 PM

I'VE BEEN LAYING ON THE CUCH DOWNSTAIRS WATCHING A MOVIE WITH JOYCE & HER MUM. I WENT UPSTAIRS TO USE THE BATHROOM & PASSED OUT. THE LAST TIME THAT HAPPENED WAS 10 YEARS AGO WHEN I WAS ONLY WEIGHING ABOUT 150lbs, BUT I'M AT ABOUT 176 lbs NOW, SO THAT'S GOT NOTHING TO DO WITH IT. HOPEFULLY IT'S JUST BECAUSE OF GETTING UP TOO FAST & I DON'T WANT TO GET TOO WORKED UP ABOUT IT, BUT IT DEFINITELY HAS ME CONCERNED IN LIGHT OF THE STOMACH & BACK PROBLEMS I'VE HAD.

IT SEEMS FARFETCHED BUT I CAN'T HELP WONDERING IF THERE'S ANY CONNECTION WITH THE RADIOACTIVE CLOUD FROM CHERNOBYL (THE NUCLEAR REACTOR THAT EXPLODED). I'M NOT SURE WHEN IT FIRST WENT OVER SCOTLAND, BUT I THINK IT WAS SOMETIME NEAR WHEN I WAS IN EDINBURGH & PERHAPS IT WAS THE EVENING I WAS AT MELROSE. AT THE TIME I WASN'T CONCERNED, BUT A WEEK LATER I HEARD REPORTS OF SERIOUSLY CONTAMINATED MILK IN SCOTLAND, PLUS ALL THAT HAZE IN EDINBURGH HAVE ME WONDERING.

JUST BEFORE I PASSED OUT I COULD FEEL MY HEART BEAT BECOMING VERY RAPID & I LEANED

FORWARD TO ~~KEEP~~ KEEP MY BALANCE & THE NEXT THING I REMEMBER WAS WAKING UP THINKING I HAD DREAMED OF HEARING A LOUD CRASH & WONDERING WHY I WAS ASLEEP WHEN THE LAST THING I REMEMBERED WAS BEING IN THE BATHROOM. OF COURSE WHEN I OPENED MY EYES THE BATHROOM CEILING WAS RIGHT IN FRONT OF ME. ^{THE} WASTE BASKET (WHICH MUST HAVE BEEN THE NOISE I HEARD) WAS LAYING IN PIECES NEXT TO ME.

I DIDN'T HURT MYSELF AS I FELL, BUT I'M NOT SAYING A WORD TO JOYCE OR GEORGE UNLESS IT HAPPENS AGAIN. SINCE I'VE BEEN HERE MY BACK PROBLEM (WHICH HASN'T BOTHERED ME TODAY) HAS BEEN ATTRIBUTED TO EVERYTHING FROM KIDNEY PROBLEMS TO BAD WEATHER & I DON'T WANT TO THINK OF WHAT AN ADDITIONAL ALIMENT MIGHT DO TO THE SPECULATION.

I KNOW I'M FIT & HEALTHY & MY BACK ACHES IS ATTRIBUTABLE TO POOR POSTURE WHICH HAS BEEN A PROBLEM FOR SOME TIME. ~~AND~~ MIKE (KATIE), ROB & ALEA HAVE ALL DROPPED

18,575



SUPPOSEDLY SUBTLE HINTS TO DO SIT-UPS

A NUMBER OF OTHERS HAVE ASKED IF MY POSTURE IS RELATED TO CYCLING WHICH IT IS NOT.

ANYWAY, I THINK I'LL TAKE A TRIP TO THE LIBRARY ON MONDAY TO INVESTIGATE THINGS LIKE FAINING, DIZZINESS, EFFECTS OF RADIATION IN CASE IT'S HELPFUL. I'D ALSO LIKE TO BROWSE THROUGH ANY LOCAL CYCLING BOOKS THEY MIGHT HAVE.

5-11-86

No Km's

I'VE RECOVERED SOMEWHAT FROM THE SHOCK OF PASSING OUT LAST NIGHT. I'M SURE IT WAS MAINLY DUE TO NOT BEING USED TO THE HEAT (MOST HOSTELS FEEL LIKE MEAT LOCKERS). BEING SO SECRETARY LATELY.

GEORGE; I SPENT THE DAY IN LONDON TODAY. MANAGED TO SEE QUITE A BIT. THE HIGHLIGHT WAS UNDOUBTEDLY ~~BRIDGE~~ ^{TOWER} BRIDGE WITH ITS EXHIBITS OF THE BRIDGES HISTORY; IT'S ORIGINAL HYDRAULIC & STEAM RUNNING GEAR.

WE WALKED PAST THE TOWER OF LONDON,

18,575



TRAFALGAR SQUARE, WESTMINSTER ABBEY, BIG BEN, BUCKINGHAM PALACE, PART OF HYDE PARK, CARUSARY STREET, PICCADILLY CIRCUS, COVENT GARDENS.

WE ALSO FIGURED OUT WHAT ELSE THERE WAS THAT I WANTED TO SEE SO THAT I'LL BE ABLE TO GET AROUND BETTER ON MY OWN WHEN I GO BACK.

I ALSO FOUND OUT WHERE THE YHA OFFICE IS LOCATED SO I CAN BUY THE EXTRA EQUIPMENT I NEED; CAN SEE ABOUT A CHEAP WAY TO; FROM AMSTERDAM FROM LONDON.

5-12-86

No Km's

A RATHER CALM DAY. I SPENT A COUPLE OF HOURS IN THE LIBRARY TODAY; WENT FOR A WALK, BUT THAT'S ABOUT ALL.

I BOUGHT A BUNCH OF GOODIES FOR MAKING NACHOS TODAY; TREATED JOYCE & GEORGE TO DINNER. UNFORTUNATELY THE TORTILLA CHIPS WERE PRETTY BADLY CRUMBLED, SO I WASN'T ABLE TO MAKE AS MUCH AS I HAD HOPED, BUT IT WAS ALMOST ENOUGH. IT SEEMED TO GO OVER PRETTY WELL DESPITE FEARS OF EATING "MEXICAN FOOD", WHICH OF COURSE CANNOTS HOT, SPICY FOOD, WHICH

18,575

356

MY NACHOS ARENT.

JOYCE'S FRIEND HILDA WAS NICE ENOUGH TO DO A SMALL AMOUNT OF SEWING FOR ME TONIGHT; HEMMING THE TENT STUFF SACK THAT I SHORTENED.

5-13-86

No Km's

ANOTHER LACKLUSTER DAY, THE HIGHLIGHT BEING GETTING MY BIKE BACK FROM THE BIKE SHOP. THEY REPACKED MY HEADSET, TRUED MY REAR WHEEL, INSTALLED BARREL ADJUSTERS ON MY FRONT REAR BRAKES FOR \$12.70 WHICH WAS VERY REASONABLE, BUT MORE THAN I WANTED TO PAY. IF I'D HAVE HAD ANY SENSE I WOULD HAVE DONE THE BRAKES MYSELF & SAVED A FEW QUID.

I WAS A BIT DISTRESSED YESTERDAY TO FIND THAT DICK & BEN HAVEN'T RECEIVED ANY MAIL FOR ME YET. OF COURSE I STILL DON'T KNOW WHAT THE DOCS GOING TO SAY ABOUT MY BACK TOMORROW, BUT IF I GET A GREEN LIGHT TO CONTINUE MY TRIP, I'LL HAVE TO WAIT AROUND FOR MY MAIL, STUFF TO CATCH UP WITH ME.

18,575

357

THINGS GOT A BIT MORE INTERESTING THIS AFTERNOON WHEN GEORGE & I RACED OUT TO CARINGTON TO SEE THE AIRSHIP (BLIMP) THEY WERE TESTING. IT WAS RATHER SMALL, WAS A BIT OF A DISAPPOINTMENT WHEN COMPARED TO THE GARGANTUAN HANGAR IT'S STORED IN, BUT IT WAS FUN TO GET A LOOK AT IT ALL THE SAME.

5-14-86

No Km's

I GOT TO SEE THE CHIROPRACTOR TODAY: DR. COLIN WARIN. HE SAYS IT'S O.K. TO CONTINUE ON MY TRIP. AFTER WE WORK OUT THE TREATMENT PLAN WHICH MAY BE IN A WEEK OR TWO OR SLIGHTLY LONGER. ANYWAY, I GO BACK IN NEXT THURSDAY AT 4:30. OH YEAH, THIS VISIT COST ME \$40! BUT THAT INCLUDED TWO X-RAYS, THE CONSULTATION, & INITIAL TREATMENT.

HE CLAIMS THAT MY PROBLEMS HAVE BEEN BROUGHT ON BY MY CYCLING, THOUGH I WOULD THINK THAT MY LACK OF CONDITIONING (OR POOR CONDITION) PRIOR TO STARTING TO CYCLE WAS ~~THE CAUSE~~ ACTUALLY THE CAUSE.

ANYWAY, THE PROBLEM IS BASICALLY A MUSCLE

18,575 357

IMBALANCE, THAT IS MY RIGHT SIDE IS STRONGER THAN ^{MY} LEFT SIDE WHICH HAS THROWN THINGS OUT OF WHACK.

SO I'VE BEEN GIVEN THREE EXERCISES TO START CORRECTING THINGS; AFTER THE X-RAYS ARE DEVELOPED; I CONSULT WITH THE DOC. NEXT WEEK, I'LL PROBABLY BE GIVEN NEW &/OR ADD'L EXERCISES TO DO.

ALL THE EXERCISES BEGIN THE SAME WAY. WITH ME STANDING WITH MY FEET TURNED IN; ANKLES TURNED OUT (NOT TERRIBLY COMFORTABLE). FOR THE FIRST EXERCISE I LEAN OVER SIDWAYS AT THE HIP WITH MY LEFT ARM HANGING LIMPLY NEXT TO MY LEFT LEG; LIFT ~~UP~~ MY RIGHT LEG OFF THE GROUND.

IN THE SECOND EXERCISE I ASSUME THE SAME POSITION, BENT OVER TO THE LEFT; TENSE THE MUSCLE IN MY RIGHT LEG; ROTATE THAT KNEE CLOCK-WISE FOR A WHILE. THEN I STAY LEANED OVER TO THE LEFT; ROTATE THE LEFT KNEE ANTI CLOCKWISE, ALSO FOR A WHILE.

IN THE THIRD EXERCISE, AGAIN BENT OVER

18,575 357

TO THE LEFT WITH MY FEET IN AN AWKWARD POSITION. FROM THERE I LEAN FORWARD AT THE HIP (~~FROM~~ STILL KINKED OVER TO THE LEFT), TUCK MY CHIN INTO MY LEFT CLAVICLE, BRING MY LEFT ARM OUT EVEN WITH THE SHOULDER, BEND IT 90° AT THE ELBOW, PUSHING THE FOREARM BACKWARD (OR AT LEAST KEEPING IT TENSIONED IN THAT POSITION); THEN ROTATING MY ENTIRE LEFT SHOULDER (WITH THE MUSCLES TENSED) IN A CLOCKWISE MOTION, THE WHOLE TIME FOLLOWING MY SHOULDER WITH MY CHIN ALSO TENSED.

THE ONLY PROBLEM WITH THE EXERCISES IS THAT IT MAKES YOU LOOK LIKE YOU'RE FIGHTING OFF AN EPILEPTIC FIT, SO THEY'RE A BIT EMBARRASSING TO DO IN PUBLIC. BUT THEY DON'T TAKE LONG TO DO. THE IMPORTANT THING IS TO DO THEM OFTEN.

NOW THAT THAT'S OUT OF THE WAY I'M THINKING OF GOING TO HOLLAND BETWEEN NOW; THURSDAY TO DO SOME SIGHTSEEING; SAY HI TO BEN VAN ESVELD.

OH YEAH, HE THOUGHT EASING OFF ON THE HILLS WOULD BE A GOOD IDEA WHICH GOES ALONG WITH MY

(18,705) \triangle 338

PLANS TO FORGET ABOUT SCANDANAVIA! HEAD FOR SUNNY SPAIN INSTEAD. I WAS AMAZED WHEN HE SAID (I THINK) THAT I SHOULDN'T BE 'SPINNING' (TURNING THE PEDALS FASTER & USING LESS PEDAL PRESSURE) AS MUCH, THAT I SHOULD BE PUSHING THE PEDALS MORE, THOUGH CONCENTRATING ON USING EQUAL PRESSURE IN BOTH LEGS SINCE THE RIGHT IS STRONGER. THAT'S PART OF THE REASON FOR THE KNEE EXERCISES - THE EXTRA PRESSURE WILL BE BORNE BY THE KNEES, SO THEY NEED TO BE STRENGTHENED.

GEORGE; I ALSO DROVE OVER TO BROMHAM TODAY TO VISIT THE WATER POWERED MILL THERE. IT WAS IN PARTIAL WORKING ORDER, BUT HAD SOME FAIRLY GOOD DISPLAYS; WAS QUITE INTERESTING.

(5-15-86) (130 km)

A SORT OF PUZZLING DAY, BUT VERY SUCCESSFUL. I GOT LOST THREE TIMES TODAY, UNDOUBTEDLY A NEW RECORD. IT WAS MAINLY DUE TO NOT HAVING MY MAP CASE OUT WHERE I COULD SEE IT & BEING TOO LAZY TO STOP & GET IT OUT.

I'VE STRIPPED MY GEAR DOWN TO BARE MINI-

(18,705) \triangle 338

MUM, LESS TENS; SLEEPING BAG. SO NOW I NO LONGER HAVE FRONT PANNIERS & THUS NO PLACE FOR MY MAP. SINCE I'M CARRYING VERY LITTLE FOOD I'D GUESS I'M RUNNING 20 LBS LIGHTER.

LESS WEIGHT & A STRONG TAIL WIND HAS MADE THIS PROBABLY THE EASIEST & LONGEST DAY THIS YEAR. BUT BY TRYING TO MAINTAIN EVEN PEDAL PRESSURE (PER DOCTOR'S ORDERS) MY LEGS ARE PRETTY WELL WIRED OUT.

I WAS GOING TO CONTINUE ON TO HARWICH TODAY & CATCH THE MIDNIGHT FERRY TO HOLLAND, BUT MY LEGS REBELLED. THEY BOTH TRIED TO CRAMP UP ON ME JUST OUTSIDE OF COLCHESTER, WHERE I'M SPENDING THE NIGHT. PLUS MY KNEES WERE GETTING PRETTY SORE AS WELL. THAT'S WHY IT'S A PUZZLING DAY, BECAUSE OF THE LEG CRAMPS & SORE KNEES.

I'M SURE THE SORE KNEES ARE A RESULT OF THE EXERCISES I'M DOING & MAY ALSO BE DUE TO PUSHING HARDER THAN NORMAL ON THE PEDALS TODAY.

THE LEG CRAMPS ARE PROBABLY DUE TO IN-GREASED PEDAL PRESSURE & RIDING WITH MY

(18,735) 

BACK STRAIGHT WHICH SEEMS TO PUT MORE DEMAND ON MY THIGH MUSCLES.

THE HIGHLIGHT OF THE DAY WAS GETTING CAUGHT IN A VERY HEAVY RAIN & HAIL STORM. I WAS HALF SOAKED IN LESS THAN A MINUTE BUT MANAGED TO FIND SHELTER BEHIND SOME FARM BUILDINGS.

MY BACK HASN'T BOTHERED ME ALL DAY & I'M CONFIDENT THAT IT WON'T FOR THE REST OF THE TRIP.

I'VE ONLY SEEN ONE OF MY "ROOMIES", SO FAR. ~~HE~~ HE WAS JUST IN HERE EXERCISING & NOW THE DORM SMELLS LIKE A LOCKER ROOM.

(5-1686)

(50 km)

I FORGOT TO MENTION YESTERDAY THAT THE GUYS AT MICHAEL'S CYCLES DID A LOUSY JOB ON MY HEADSET. IT'S ACTING UP LIKE IT DID IN ONTARIO AGAIN, STICKING DEAD CENTER IN THE MIDDLE & CAUSING STEERING TO BE ERRATIC & SLIGHTLY DANGEROUS. I'LL HAVE THEM FIX IT WHEN I RETURN TO BEDFORD.

I ALSO THINK THAT THE REASON MY KNEES WERE

(18,830) 

HURTING SO BAD YESTERDAY HAD A LOT TO DO WITH THE FACT THAT I RAISED MY SEAT BY 1/2" A COUPLE OF DAYS AGO. THE SEAT POST FOOT WAS LOOSE & IT ^{HAS} BEEN TOO LOW THE WHOLE TIME I'VE BEEN IN EUROPE.

I'M ON BOARD THE FERRY TO HOER VAN HOLLAND FOR A 6 1/2 HR RIDE ACROSS A RATHER BORING ENGLISH CHANNEL. I'M TRAVELLING ON A FIVE DAY EXCURSION FARE WHICH COSTS THE SAME AS THE REGULAR ONE-WAY FARE. I THINK I'LL TAKE THE MIDNIGHT FERRY BACK SO I CAN SLEEP THROUGH ALL THIS. AT LEAST IT'S A GOOD PASSAGE WITH THE BEST WEATHER SO FAR IN EUROPE.

THE BIKE PATHS HERE ARE GREAT! FROM THE FERRY THERE WERE SIGNED PATHS ALL THE WAY INTO DEN HAAG (THE HAGUE) WHERE I'M SPENDING THE NIGHT AT THE HOSTEL.

(5-1786)

(75 km)

SOME DAYS IT'S HARD TO GET THINGS RIGHT. I LEFT DEN HAAG THIS MORNING & FORGOT MY HOSTEL CARD.

(18855) 361

I WAS TALKING TO A GUY FROM CHICAGO ALL MORNING & IT JUST SLIPPED MY MIND.

I REALLY MISS NOT HAVING MY MAP HOLDER IN PLAIN VIEW. I'VE GOTTEN LOST AT LEAST A HALF DOZEN TIMES TODAY, BUT IT HASN'T CAUSED ANY REAL PROBLEMS.

I WAS STARTING TO PANIC THIS AFTERNOON BECAUSE I WAS RUNNING OUT OF BUILDERS & COULDN'T FIND A CHANGE PLACE OPEN, BUT FINALLY DID AT THE TRAIN STATION IN HAARLEM.

ANYWAY, I'VE MADE IT TO HEEMSKERK NEAR ALKMAAR. I'LL WAIT & SEE IF THEY'LL LET ME STAY WITHOUT A CARD. IF NOT I'LL TRY TO SEE IF BEN'S HOME SO I CAN STAY WITH HIM SINCE I'M ONLY ABOUT 15 MILES FROM AMSTERDAM.

(5-1886)

(25km)

A REALLY GREAT DAY. LAST NIGHT WAS NOT SO GREAT, WITH THE COACHES OF THE GERMAN SOCCER TEAM THAT WAS STAYING IN THE ROOM ^(down) NEXT TO MINE COMING THROUGH THREE OR FOUR TIMES IN THE NIGHT & MAKING BED CHECKS & OCCASIONALLY CRASHING INTO ONE OF THE BUNKS, BUT THEY DIDN'T KEEP ME AWAKE LONG.

IT LOOKED AS THOUGH IT WAS DESTINED TO

(18855) 361

BE A DREARY DAY WEATHERWISE, BUT THE SKY CLEARED AT ALMOST THE INSTANT I CLIMBED ON MY BIKE. IT'S TURNED OUT TO BE A BEAUTIFUL DAY.

I GOT TO BEN (VAN ESVELD)'S ~~STAY~~ HOUSE AROUND ONE & WE SPENT QUITE A WHILE HASHING OVER OLD TIMES & COMMON ACQUAINTANCES & THEN TOOK ADVANTAGE OF THE WEATHER & WENT FOR A DRIVE SOUTHEAST OF AMSTERDAM.

BEN'S CAR IS AN OLD RENAULT WAGON THAT IS RELATED TO THE RENAULT DEUX CHEVAUX, THOUGH I'M NOT SURE WHAT IT'S CALLED. BUT IT'S A BLAST! THE GEAR SHIFT STICKS OUT OF THE DASH INSTEAD OF THE FLOOR OR STEERING COLUMN, & IT SEEMS TO MAKE A LOT OF SENSE THAT WAY. ANYWAY, I WAS FASCINATED BY IT.

WE VISITED NAARDOEN & WALKED AROUND, THROUGH THE WALLS OF THE CITY WHICH WERE ARRANGED IN A STAR SHAPED PATTERN VERY SIMILAR TO THOSE OF CANADA.

WE THEN STOPPED IN A LITTLE TOWN CALLED LOENEN FOR APPLE PIE & DRINKS. WHILE

(18,855) 361

WE STOPPED TO WATCH BOATS ON THE CANAL PASSING BY A RAISED CANTILEVER BRIDGE. PAYING A TOLL TO THE BRIDGEKEEPER WHO COLLECTED IT BY SWINGING A WOODEN SHOE TO THE BOAT ~~TO~~ THAT WAS ATTACHED TO A BAMBOO POLE BY ROPE.

ONCE WE GOT BACK WE WENT DOWNTOWN FOR PIZZA AT MIMO'S. IT TOOK ALMOST FOREVER TO GET IT, BUT IT WAS VERY INTERESTING. IT WAS TOPPED WITH GREEN, RED PEPPERS, SAUSAGE, PEPPERONI, MUSHROOMS, BLACK OLIVES (COMPLETE W/ PITS) + A FRIED EGG (WITH SOFT YOLK). I'D SAY IT WAS WORTH THE WAIT.

WE ALSO HAD A TOSSED GREEN SALAD THAT WAS SERVED ON ONE PLATTER WHICH WE BOTH SHARED.

ON THE WAY HOME^{WE} STOPPED, VISITED JAN (I THINK - IT'S PRONOUNCED YAWN), + LISE TWO OF BEN'S FRIENDS THAT CAN'T DECIDE WHETHER TO LIVE IN HOLLAND (HE'S DUTCH) OR AUSTRALIA (SHE'S AUSSIE), SO ~~THEY~~ ^{THEY} MOVE BACK + FORTH EVERY FEW YEARS.

I WAS ALSO GIVEN A BIT OF HISTORY ABOUT

(18,940) 362

HOLLAND WHILE WE TOURS AROUND TODAY. LIKE THE FACT THAT ONE OF THE DIKES BROKE IN THE '50'S KILLING A LOT (A HUNDRED OR SO) OF PEOPLE. AND THAT ABOUT HALF OF THE LAND IN HOLLAND HAS BEEN RECLAIMED ^{FROM} ~~BY~~ THE SEA. UNFORTUNATELY I HEARD + LEARNED SO MUCH THAT IT'S DIFFICULT TO WRITE IT ALL DOWN. I CAN ONLY HOPE THAT I DON'T FORGET TOO MUCH OF IT.

(5-19-86)

(85 km)

ANOTHER GREAT DAY, I DON'T WANT TO LEAVE! IT SEEMS A SHAME TO LEAVE TOMORROW BECAUSE THINGS ARE GOING SO WELL, BUT PERHAPS MY FRAME OF MIND WILL STAY WITH ME DESPITE THE COMING CHANGE OF CIRCUMSTANCES.

BEN + I WENT FOR A GREAT RIDE NORTH OF AMSTERDAM TODAY. IT WAS MOSTLY SUNNY, LITTLE WIND, 70° OR BETTER MOST OF THE AFTERNOON.

WE SAW ONE OR TWO OLD FISHING VILLAGES ALONG THE MARKERMEER, ~~THE OLD FISHING VILLAGES~~ ^{THE OLD FISHING VILLAGES} THERE IS VERY LITTLE FISHING DONE IN THE AREA NOW ADAYS AS THE MARKERMEER USED TO BE PART OF THE NORTH SEA + WAS FORMED BY BUILDING

18,940 363

A DIKE ~~BE~~ ACROSS A HUGE BAY. ONCE THAT WAS DONE THE SALTWATER WAS REPLACED BY FRESH & FISHING WAS NO LONGER POSSIBLE.

WE STOPPED FOR FUEL AT HOORN AT A SMALL CAFÉ OWNED BY A VERY GREGARIOUS WOMAN WHO FORCED ME TO MEMORIZE THE CAFÉ'S NAME (DE VOLLENDAMMER); & PROCEEDED TO GIBBER AWAY IN DUTCH ALMOST INTERMINABLY. THE IDEA OR MESSAGE BEHIND HER FERVENT ORATION SEEMED TO BE: "REMEMBER THIS NAME; & TELL ALL YOUR AMERICAN FRIENDS TO COME AS THEY ARE MOST WELCOME"; BUT I'M NOT POSITIVE; & I DIDN'T ASK BEN TO TRANSLATE. SHE WAS A VERY NICE LADY, THOUGH.

WE HEADED HOME AFTER THAT TO A MEAL OF BOILED POTATOES, SAUERKRAUT, & BEEF SAUSAGE WITH THE IDEA OF SEEING SOME SLIDES OF BEN'S PAST 'CYCLING EXPLOITS, BUT PLANS CHANGED WHEN TWO AMERICAN GIRLS CALLED TO ASK TO COME OVER FOR THE EVENING.

THEIR NAMES ARE LAURIE & MELANIE & ARE FRIENDS OF BEN'S FRIEND CONNIE WHO I MET IN SAN FRANCISCO TWO YEARS AGO. THEY'VE BEEN TRAVELING

18,940 363

ON A EURAIL PASS FOR THE LAST FIVE WEEKS; & WILL RETURN HOME TO AUSTIN, TX IN ANOTHER WEEK.

IT WAS A BLAST MEETING THEM BECAUSE THEIR EXPERIENCES ALL SEEM TO BE VERY POSITIVE WHICH IS HARD TO DOUBT WITH THE OUTGOING, & BOISTEROUS MANNER THAT LAURIE HAS. WE HAD LOTS OF FUN ENGAGING IN THE FAVORITE TRAVELERS PASTTIME OF RELIVING TREASURED MEMORIES; THEN AN OLD SCHOOL MATE OF BEN'S, STELLA, ARRIVED & ADDED YET MORE FUEL TO THE FIRE.

FOR QUITE SOME TIME NOW I'VE WONDERED HOW EUROPEANS MANAGE TO DEAL WITH THOSE DAMN 'PLATFORM' TOILETS - YOU KNOW, THE ONES YOU CLAMP ONTO A PLATFORM & WHEN THEY FLUSH EVERYTHING SLIDES OFF INTO THE HOLE UP FRONT. I MEAN IT STINKS A LOT MORE THAN A CONVENTIONAL AMERICAN TOILET - WHICH IS A REAL PROBLEM IN THE SMALL APARTMENTS OVER HERE. I FOUND THE SECRET TO DEALING WITH IT IS TO LIGHT A MATCH WHEN YOU'RE DONE, WHICH DESTROYS THE ODOR!

5-20-86

19,035

363

90 km

I SAID GOODBYE TO BEN TODAY AS HE WAS HEADED TO WORK. I WAITED FOR LAURIE & MELANIE TO SHOW UP SO THAT I COULD GIVE THEM BEN'S KEY.

THEY SEEMED TO LIKE WHAT I WROTE & DREW IN THEIR 'SOUVENIR BOOK' & SAID THEY WERE GOING TO MAKE A BLOCK (Z) OF IT. THEY ARE BOTH ARTISTS SO I GUESS THAT'S SOME WAY OF REPRODUCING IT. I SUPPOSE THEY LIKED THE PRIMITIVENESS OF MY DRAWING - ESPECIALLY THE STICK-MAN ON A BICYCLE.

IT WAS ANOTHER BEAUTIFUL DAY - MAINLY SUNNY & HIGHS OVER 80°! I'VE GOT A SUNBURN! AM NEARLY AS DARK AS THE EAST INDIAN SITTING ACROSS FROM ME. I LOVE IT!

UNFORTUNATELY, IT STARTED POURING DOWN RAIN RIGHT AFTER I GOT TO THE FERRY DOCK SO IT MIGHT BE BACK TO THE OLD "SLOG THROUGH THE RAIN, & MUCK" ROUTINE TOMORROW. AT LEAST IT'S A SOUTH WIND & NOT WESTERLY.

I SAVED \$1 TONIGHT. WHEN I BOUGHT MY FIVE-DAY TICKET I PAID FOR DAY PASSAGE

19,125

364

BOTH WAYS, I'M SAILING AT NIGHT RIGHT NOW, & IT'S MORE EXPENSIVE FOR MY BIKE AT NIGHT, BUT THE CLERK DIDN'T WANT TO REWRITE MY TICKET & LET ME BY AS IS.

HOPEFULLY I CAN SLEEP ON THE FERRY TONIGHT (IT DOCKS AT 6:45 AM). I THINK I'M SUPPOSED TO PAY EXTRA TO SLEEP IN A RECLINING SEAT, BUT I'LL SEE IF I CAN AVOID PAYING AS I MANAGED TO ^{DO SO} ON THE WAY OVER.

5-21-86

90 km

IT WASN'T QUITE AS NASTY TODAY AS IT SEEMED IT WOULD TURN OUT YESTERDAY, BUT IT WAS A FAIRLY SHITTY DAY. IT GOT UP TO ABOUT 65° OR SO THIS MORNING & THIS EVENING, BUT FROM 10 AM TO 6 PM IT WAS AN ALMOST CONSTANT 52° WITH A COMPLETELY OVERCAST SKY & LIGHT RAIN. AND VICIOUS WINDS WHICH WERE AT LEAST PARTIALLY AGAINST ME ALL DAY LONG. I'M SURE THE GUSTS WERE 30 MPH OR BETTER, BUT IT WAS USUALLY ONLY 20 MPH GIVE OR TAKE A LITTLE.

I'M SPENDING THE NIGHT AT SAFFRON WALLOON

(19, 190) ³⁶⁵

THOUGH I PROBABLY COULD HAVE MADE IT TO BEDFORD WITH NO PROBLEM. THIS IS A NICE TOWN WITH A LOT OF HALF-TIMBERED HOUSE DATING TO THE 14TH & 15TH CENTURIES. NO WONDER IT WAS CRAWLING WITH TOURISTS WHEN I CAME THROUGH LAST THURSDAY.

(5-22-86)

(65 Km)

THE WIND SWUNG AROUND TO THE WEST SO I HAD A PRETTY STIFF HEADWIND MOST OF THE WAY INTO BEDFORD, BUT I MADE MY APPOINTMENT AT THE CHIROPRACTOR WITH LOADS OF TIME TO SPARE.

HE SAID THAT THE PROBLEM WITH MY BACK BEGAN ABOUT 18 YEARS AGO. SAID IT WAS PROBABLY RELATED TO EITHER HAVING HAD A VERY SHELTERED CHILDHOOD OR A VERY STRESSFUL CHILDHOOD, THAT EITHER OF THOSE EXTREMES ^{WOULD} ~~COULD~~ HAVE ACCOUNTED FOR THE START OF THE PROBLEMS. I THINK THAT JUST BEING A LAZY SHIT; BEING OVERWEIGHT SHOULD BE ABLE TO EXPLAIN IT ADEQUATELY.

ANYWAY HE SAYS THAT MY SPINE IS CURVED TO THE RIGHT AS A RESULT OF MY LEFT SIDE BEING TOO WEAK, SPECIFICALLY MY SHOULDER. SIDE NEED TO BE STRENGTHENED TO BRING IT

(19, 190) ³⁶⁵

BACK IN LINE. HE ALSO SAYS THAT MY TAIL BONE IS NOT IN THE POSITION IT SHOULD BE. THAT STRENGTHENING MY STOMACH WILL CORRECT THAT.

BASICALLY, HE WANTS ME TO WORK ON THE LEFT SHOULDER FIRST SINCE IT'S CAUSING EVERYTHING ELSE TO ROTATE OUT OF POSITION. HE'S TOLD ME TO DO THE SHOULDER EXERCISE ^{THAT} HE ORIGINALLY PRESCRIBED) RELIGIOUSLY THREE OR FOUR TIMES A DAY.

THEN HE WANTS ME TO COME BACK AFTER A MONTH TO MONITOR PROGRESS; RECOMMEND FURTHER TREATMENT. OF COURSE THAT CREATES A FEW PROBLEMS; I DON'T THINK I'LL BE ABLE TO DO IT. I THINK I'LL SEE IF I CAN GET MY X-RAYS FROM HIM; HAVE MIKE TAKE THEM BACK TO GERMANY WITH HIM, THEN I CAN TAKE THEM BACK TO THE STATES WITH ME; FIND A DOCTOR TO CONTINUE TREATMENT WITH.

Film Record 5/3/86

1. MARCHING BAND AT
2. STIRLING CASTLE
3. ARGYLL LOOING
4. STIRLING CASTLE
CLOCK LIGHTHOUSE
5. NEAR GOWROCK
VIEW OF HOLY ISLAND
6. FROM WHITING BAY/ARCAN IS.
7. SUNSET FROM AYR
8. TOWER BRIDGE
9. TOWER OF LONDON
10. TOWER BRIDGE
11. " " ENGINE
12. QUEEN'S LIFE GUARD AT
HORSE GUARD PARADE
13. BIG BEN; HOUSE OF COMMONS
14. AIRSHIPS AT
15. CARDINGTON
16. WINDMILL AT GT. CHISHILL
17. WINDMILL AT GT. CHISHILL
RIDERZAPAL BINGENHOF
(DEJ HARG)
18. CANTILEVER BRIDGE AT LOEVEN
19. ATTENDANT COLLECTOR FEE IN CLO.
20. VILLAGE OF DURGERDAM
21. SAILING BARGE IN
MARKERMEER
22. HARBOR OF MARKEN
BEN; I AT OLD WINDMILL
IN. N. AMSTERDAM
PONY SNOWING BESIDE
AMSTEL R.
23. THREE WINDMILLS NEAR
LEIOSCHENDAM
24. WINDMILL AT MONSTER
OLD SUN INN
SAFFRON WARDEN
25. FORD NEAR DUXFORD
26. CARVED SIGN AT
HALSINGFIELD COMMON
27. BARGE ON AMSTEL R.
AMSTERDAM
28. WATCHTOWER AT HOORN HARBOR

THE REMAINDER OF THE ROLL IS RECORDED IN

VOLUME #6.

Film Record 4/23/86

1. WATERMILL NEAR PENTONCH 19.
2. SHEEP ON STANTON MOOR 20.
3. VIEW NEAR ELTON 21.
4. SIGN AT LATHKILL DALE 22.
5. GRAVE AT ABANDONED QUARRY 23.
6. MONK DALE; VIAOUCT 24.
7. VIEW FROM COPLOW DALE 25.
8. FIVE AFTER LAMBING 26.
9. SUNSET OVER NORTH
LEE ESTATE
10. SUN SET AT
11. STANAGE PLANTATION
RESERVE
12. LADY BOWER OVERFLOW DRAIN
13. VIEW
14. ONE SHEEP GRADE
15. THEN ANOTHER
16. VIEW
17. VIEW NEAR COLNE
18. MALHAM COVE
19. MALHAM COVE
20. LIMESTONE PAVEMENT
21. COMB SCAR,
22. GORDALE SCAR,
23. JANET'S FOSS
- 24.
- 25.
- 26.
27. FIVE LAMB NEAR KETTERWELL
28. UPPER FALLS AT AYSGARTH
29. EVENING AT GRINTON LODGE
30. TEESDALE
31. HADRIAN'S WALL
32. ABBEY AT MELROSE
33. EDINBURGH CASTLE
34. STIRLING CASTLE
- 35.

19.
20.

Film Record 4/11/86

1. GHOST CITY CENTER
2. CANAL ^{UNNAMED TOWERS}
3. CANAL
4. STADHUIS
5. POWDER TOWER
6. CANAL & FOOTBRIDGE (NEAR CANTERBURY)
7. HOPS DRYING BUILDINGS
8. HAXTED MILL
9. HORSE
10. COUNTRYSIDE
11. TRAIL TO TANNER'S HATCH
12. SOUNDING ARCH
13. "
14. SWANS
15. ON
16. THE
17. THAMES
18. ROBIN AT "THE COTTAGE"
19. CHAPEL RUIN/WESTHUMBEL
20. "THE COTTAGE"
21. " "
22. DICK, BEN, & MYSELF
23. CORNWALL TOWER/WINDSOR
24. CAIUS COLLEGE
25. ENTRANCE TO KING'S COLLEGE
26. TRINITY COLLEGE
27. COVERED BRIDGE ^{ST. JOHN'S COLLEGE}
28. STERINGTON WINDMILL
29. GEORGE INSIDE
30. MYSELF INSIDE
31. BONESHAKER
32. QUADRIPOLE
33. FOLDING BICYCLE
34. JOYCE, GEORGE, MYSELF
35. OLD FORGE NEAR KENTON
36. —

Film Record 3/22/86

1. (P.J.) NIGER & CREW OF
2. 'SAVAGE SHRIMP'
3. RESTEPPING MAST WITH HELP OF
4. 'LA GRINGA'
5. ALEA AT THE PIER
6. LINDA IN BOSCH'S CHAIR ATTACHING HEADSTY
7. COURTNEY & BEER
8. CAN WITH ALEA
9. BROWN DOG
10. 'FAMILY' PORTRAIT
11. ALEA TEST
12. RIDING MY
13. BIKE
14. —
15. —
16. —
17. —
18. —
19. OLD LUXEMBOURG
20. ALONG THE
21. ALZETTE RIVER
22. —
23. —
24. —
25. ZOLL-KIRAN
26. BUILT 1777
27. PORTA NIGRA
28. HAUPT MARKT
29. DOM UND
30. LIEBFRAUENKIRCHE
31. KURFÜRSTLICHES PALAIS
32. KAISERTHERMEN
33. CHURCH & VINEYARDS OF KASEL
34. FILSKIRCHE, RUIN SAIDAL-OBERSTEIN
35. LUTHERAN CHURCH
36. BRIDGE HOUSES

CAMBRIDGE UNIVERSITY

BICYCLES AT OLD WINDMILL NEAR KENTON

TRIER

KREUZNACH

~~STARTED REEL 2~~

Film Reel 4/2/86

1. - NOT USED -

2. B.K. FROM KAUSERBURG

3. VIEW FROM TRAIL TO
RHEINGRAFENSTEIN

5. EBERNBURG FROM R.G. STEIN

6. " " "

4. KAISER WILHELMS SUMMER
BÄDER HAUS -

7. RHEINGRAFENSTEIN

8. BRÜCKENHAUSEN

9. WATCHTOWER R. WAGNER HOUSE

10. BURG RHEINSTEIN

11. SCHALZBURG

12. WATCHTOWER BACHARACH

13. CITY WALL

14. DIE PFALZ

15. ~~PROZESS~~ SCHLOSS STOLZENFELS

16. KAUFHAUS / SCHÖFFEN HAUS
ALTES (14th) (15th)

17. FESTUNG EHRN BREITSTEIN

18. DEUTSCHES ECK

19. CRANE HOUSE / ANDERNACH

20. MARKT

21. CITY GATE

(YOUTH HOSTEL)

22. COLYNSHOF

23. STADHUIS, MAASTRICHT

24. LINDENMOLEN:

25. 18th CENT. WINDMILL

26. B.K. 26. FACADE OF BÉGINHOF

27. EZELEDIJKMOLEN

28. MUSEUM IN (CRAFT)

29. OF STADHUIS
(TOWN HALL)

30. HET SPIJKER

HAUS VAN ORANJE

31. ~~PROZESS~~ STADHUIS

32. ~~PROZESS~~

33. UNIVERSITY LIBRARY

34. THATCH HOUSE NEAR MECHLEN

35. LIERMOLEN

36. PRIVATE CASTLE NEAR AALST

37. WINDMILL BETWEEN AALST & GREEK

PROBABLY
NOT
WELL EXPOSED

STATES VISITED

1. WASHINGTON

2. OREGON

3. IDAHO

4. WYOMING

5. UTAH

6. COLORADO

7. KANSAS

8. OKLAHOMA

9. MISSOURI

10. ARKANSAS

11. ILLINOIS

12. INDIANA

13. OHIO

14. MAINE

15. NEW HAMPSHIRE

16. VERMONT

17. MASSACHUSETTS

18. NEW YORK

19. PENNSYLVANIA

20. NEW JERSEY

21. MARYLAND

22. VIRGINIA

23. NORTH CAROLINA

24. SOUTH CAROLINA

25. GEORGIA

26. FLORIDA

PROVINCES VISITED

1. BRITISH COLUMBIA

2. ONTARIO

3. QUÉBEC

4. NEW BRUNSWICK

5. PRINCE EDWARD ISLAND

6. NOVA SCOTIA

CORRESPONDENCE

MERRILL C. 2/22(L) 3/5(L) 4/4(P)

JYCE & GEORGE 2/22(L) 4/3(P)

MIKE & ILONA 2/20(L), 2/22(L), 4/18(L), 5/12(P)

'TED' 2/22(L)

CHERYL 2/22(L)

LESTER 2/20(L) 3/1(L) 5/20(P)

MAUREEN 2/20(L) 2/23(L) 3/23(Bc)

KATHY HACKETT 2/20(L), 3/2(L), 4/2(P)

DON VOGEL 2/20(L)

MIKE K. 2/22(P) 3/10(T), 3/11(L), 4/3(P), 5/3(P)

LISA 3/23(Bc) 4/3(P)

KEVIN P. 3/24(P)

LEAH 4/2(P), 4/28(P), 5/20(P)

ALEX 4/3(P), 4/9(P), 4/18(P), 4/28(L), 5/3(P), 5/20(P)

DONNA
~~DOUGLAS~~ 4/3(P)

BEN 4/3(P), 4/19(L), 4/22(P)

MOM 4/3(P), 4/9(P), 4/21(L), 4/23(L), 4/24(L)

P.J. 4/3(P)

BRIAN H. 4/3(P)

GRANDMA 4/3(P), 4/18(P)

ERIC N. 4/21(L), 4/22(P)

GOMER & GAYLE

PAULA 5/4(P) (9/1/4) (1/2/5) (1/3/5) (1/4/5) (1/5/5)
 RANDY 4/22(P) (9/1/4) (1/2/5) (1/3/5) (1/4/5) (1/5/5)
 VMC 4/29(P) (9/1/4) (1/2/5) (1/3/5) (1/4/5) (1/5/5)
 ERN 5/3(P) (1/2/5) (1/3/5) (1/4/5) (1/5/5)
 GRANDMA Amos 5/20(P) (1/2/5) (1/3/5) (1/4/5) (1/5/5)

STATISTICS

WORN OUT TIRES

6. ST. PETE, FL

7.

FLAT TIRES

10. ST. PETE, FL (R)

11. WOKING, ENGLAND (F)

BROKEN SPOKES

5.

FERRIES TAKEN (CONT.)

27. HOEK VAN HOLLAND-HARWICH

FERRIES TAKEN

19. ZEEBRUGGE-DOVER

20. KILREGGAN-GOURACK, SCOT.

21. ARDROSSAN-BRODICK, SCOT.

22. BRODICK-ARDROSSAN, SCOT.

23. HARWICH-HOEK VAN HOLLAND

24. NORDZEE CANAL NEAR SPARADOM

25. HEMBRUG-AMSTERDAM

26. N. AMSTERDAM-S. AMSTERDAM

COUNTRIES VISITED

1. U.S.A.

2. CANADA

3. LUXEMBOURG

4. WEST GERMANY

5. HOLLAND

6. BELGIUM

7. GREAT BRITAIN

BOOKS

39. COWS, PIGS, WARS & WITCHES
40. WHY I AM NOT A CHRISTIAN
41. MUSIC IN EVERY ROOM (AROUND THE WORLD IN A BAD MOOD)
42. THE PRINCE
43. ZEN & THE ART OF MOTORCYCLE MAINTENANCE
44. HOW TO HELP YOUR BAD BACK & DEB TROUBLE
45. NARCISSE & GODMUNDO
46. THE POCKET BOOK OF O. HEARY STORIES
47. LIFE, THE UNIVERSE & EVERYTHING.
48. A STEADY TRADE
49. WITH A DELICATE AIR

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05577 / 4528 or better 2564 = Bank



MARK ASHTON
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MOORTOWN, LEEDS
LS17 6EQ
WEST YORKSHIRE

JENNY & STEVE FELTON
(ANDREW TURNER'S SISTER)
14 HARDY ROAD

ALBANY 6330.

(ASK JENNY FOR ADDRESS
OF SONJA & MAX STAM)

JAY TURNER (ANDREW'S
MOTHER)

5 DARLING ST
SOUTH PERTH 367 1711
WEST AUSTRALIA

Manfred Blasko
Bahnhofstr. 57
P-4728 Hergersdorf
00-32-87-656410

HATHESAGE HOSTEL

DOVER HOSTEL

ELTON HOSTEL

VACATION LAST TWO
WEEKS OF AUGUST

This is part of a series of **seven** handwritten journals maintained by Steve Malone during a year and a half of bicycle touring solo throughout North America and Western Europe in 1985 and 1986.

A list of names found in **Volume 5** of this set of journals:

- | | | |
|--------------------|----------------------------|--------------------|
| 1. Alea Sando | 18. Ilona Malone | 35. Randy Triana |
| 2. Ann Sando | 19. Dick Stone | 36. Erin Malone |
| 3. George Burton | 20. Ben Stone | 37. Ethel Amos |
| 4. Michael Malone | 21. Joycel Burton | 38. Lisa Selke |
| 5. Lester Tanaka | 22. Herb Tucker | 39. Gomer Pyles |
| 6. Merrill Calaway | 23. Doug Cokayne | 40. Gayle Rainbow |
| 7. Mike Mills | 24. Carole Cokayne | 41. Melanie Alley |
| 8. Mickey Noland | 25. Andrew Turnell | 42. Lori Najvar |
| 9. Eva Malone | 26. Donna Elliott | 43. Johann Alge |
| 10. Joe Sando | 27. Michael Malone, Junior | 44. Mark Ashton |
| 11. Ray Sando | 28. Dr. Colin Warin | 45. Jenny Felton |
| 12. Mary Jo Sando | 29. Niger V. Pijuan | 46. Steve Felton |
| 13. Mary Malone | 30. Kathy Hackett | 47. Joy Turnell |
| 14. Rob Malone | 31. Don Vogel | 48. Manfred Blasko |
| 15. Erica Sexton | 32. Kevin Pennock | |
| 16. Mike Karch | 33. Leah Overman | |
| 17. Ben Van Esveld | 34. Paula Emery | |